BEST FOR SPORT, SKY & STREAMING

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5-11 JULY 2025

TV & Satellite week

EXCLUSIVE

JAWS @ 50

Celebrating the world's most famous shark movie

EXCLUSIVE

DEXTER *Resurrection*

Michael C Hall on the serial killer's shock return

LIVE SPORTS SPECIAL

BRITISH GRAND PRIX

EURO 2025

TOUR DE FRANCE

HotList This week's 28

Saturday 5

We Live in Time

***DRAMA** Netflix*

Florence Pugh and Andrew Garfield light up the screen in this emotional drama that charts the relationship of a couple across an eventful decade, in time-jumping fashion. *See review, page 23*

Tour de France

***CYCLING** ITV1, ITV4, TNT Sports 1 & Discovery+, from 11.45am*

A field of 184 riders will set off from Lille today as the annual cycling race starts. The race finishes in Paris on Sunday 27 July. Continues all week. *See Sport Week, p28*

Women's Euro 2025

***FOOTBALL** BBC1, ITV1 & S4C*

Wales kick off their first-ever major tournament playing the Netherlands in Lucerne (BBC1 & S4C, k-o 5pm), before England start the defence of their title against France (ITV1, k-o 8pm) in Zurich.

ELO at the BBC

***MUSIC** BBC2, 8.05pm*

Archive footage of Jeff Lynne (above) and the Electric Light Orchestra followed by another chance to see documentary *Mr Blue Sky: The Story of Jeff Lynne and ELO* (9.05pm), plus two concerts.

Full listings start on **p35**

Sunday 6

F1: British Grand Prix

***MOTORSPORT** C4, Sky Showcase, Sky Sports Main Event & Sky Sports F1, race starts 3pm*

Last year, we saw an emotional ninth win at Silverstone for Sir Lewis Hamilton (above). Could it be Lando Norris' turn this year to be the first Brit across the finish line?

Jimmy Doherty's Big Bear Rescue

***DOCUMENTARY** C4, 8pm*

Jimmy Doherty (above) embarks on one of the biggest challenges of his career – to rehome two polar bears from Sweden to his Suffolk farm. *See Documentaries, page 20*

Live Aid at 40: When Rock 'n' Roll Took on the World

***DOCUMENTARY** BBC2, 9pm & 10pm (box set, BBC iPlayer)*

Marking 40 years since the landmark fundraising event organised by Bob Geldof (above) and Midge Ure. *See feature, p8*

The Handmaid's Tale

***DRAMA** C4, 10pm; & Prime Video*

As the book closes on the dystopian drama after six series, June (Elisabeth Moss, above) is fighting for justice in Gilead until the very end. Will she find Hannah before the end credits roll? *See feature, page 7*

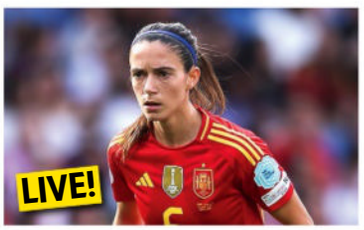
Full listings start on **p45**

Monday 7

Wimbledon

***TENNIS** BBC1, BBC2 & iPlayer, from 11am*

The action heats up as we enter the second week. No British players made it to this stage in the men's or women's singles last year, but will this year prove to be a different story? Continues all week.



Women's Euro 2025

***FOOTBALL** ITV1*

Today's two Group B matches see World Champions Spain take on Belgium in Thun (k-o 5pm), while Portugal are looking to reach the knockout stages for the first time as they face Italy (k-o 8pm) in Geneva.

Heatwaves: The New Normal?

***DOCUMENTARY** BBC2, 7pm*

This programme looks at the impact of extreme heat in the UK, from firefighting helicopter pilots to wineries.

- ***Previously shown on BBC News***

Billion Dollar Playground

***REALITY** BBC3, 9pm & 9.55pm (box set, BBC iPlayer)*

Fly-on-the-wall series based in the luxury world of high-end vacation homes in Australia, where the uber-wealthy enjoy the ultimate holiday experience.

Full listings start on **p55**

Tuesday 8

Quarterback

***DOCUMENTARY** Netflix*

The second run of the sports docuseries follows three quarterbacks – Cincinnati Bengals' Joe Burrow (above), Detroit Lions' Jared Goff and Atlanta Falcons' Kirk Cousins – through the 2024-25 NFL season.

Classic Car Kings

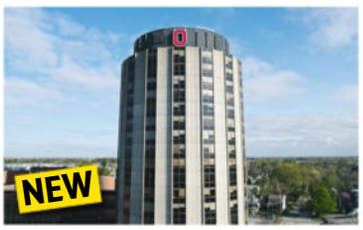
***DOCUMENTARY** U&Yesterday, 8pm (box set, U)*

Cameras capture life at a family owned car-restoring business in Barrow-in-Furness, starting with their work on a 1940s Volkswagen Type 1 Beetle.

Johnny Vegas' Little Shop of Antiques

***FACTUAL** Quest, 9pm*

Johnny Vegas (above) steps out of his comfort zone as cameras capture him behind the counter of his new antiques shop. *See feature, page 12*



Surviving Ohio State

***DOCUMENTARY** Sky Documentaries, 9pm*

Produced by George Clooney, this film tells the story of the Ohio State University abuse scandal, in which athletics doctor Richard Strauss was accused of the sexual abuse of hundreds of students.

Full listings start on **p65**

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ALL TRANSMISSION DETAILS GIVEN ARE CORRECT AT THE TIME OF GOING TO PRESS. COVER PHOTOS: PARAMOUNT+, COURTESY OF UNIVERSAL STUDIOS LICENSING LLC/DISNEY+/NATIONAL GEOGRAPHIC, GETTY, THE FA VIA GETTY IMAGES, FOOTBALL ASSOCIATION OF WALES. HOTLIST WORDS: LYNETTE BRIGHTON, RACHEL PRICE. HOTLIST PHOTOS: GETTY, SHUTTERSTOCK, DISNEY+/COURTESY OF UNIVERSAL STUDIOS LICENSING LLC

Wednesday 9

Ballard
***CRIME DRAMA** Prime Video*
Based on the bestselling works of author Michael Connelly, this spin-off series sees Maggie Q reprise her role as Detective Renée Ballard (*Bosch: Legacy*), who works to solve cold cases. *See Your Watchlist, p17*

Shifting Gears
***COMEDY** Disney+*
Tim Allen (*Home Improvement*) stars in this new sitcom about a stubborn widower whose estranged grown-up daughter (Kat Dennings) moves back in and brings her two kids with her.

Women's Euro 2025
***FOOTBALL** BBC1, ITV1 & S4C*
Sarina Wiegman (above) and her Lionesses take on the Netherlands in their second group game (BBC1, k-o 5pm), while Wales face France (ITV1 & S4C, k-o 8pm).

Poisoned: Killer in the Post
***DOCUMENTARY** C4, 9pm (box set, Channel 4 Streaming)*
How suicidal people were able to buy lethal poison online, leading to a Canadian man being charged with 14 counts of murder. Concludes tomorrow. *See Documentaries, p21*

Full listings start on **p75**

Thursday 10

Too Much
***COMEDY DRAMA** Netflix*
From *Girls* creator Lena Dunham comes this 10-part comedy drama about New Yorker Jessica (Megan Stalter, above), who decides to move to London after a break-up. *See Your Watchlist, page 14*

Today at the Great Yorkshire Show
***FACTUAL** 5, 8pm*
Julia Bradbury (above) and Jules Hudson are in Harrogate, where *Winter on the Farm*'s Dave and Rob Nicholson are among those hoping to win a rosette. Concludes tomorrow.

The Walking Dead: Dead City
***HORROR** Sky Max & Sky Showcase, 9pm (box set, Sky Box Sets/NOW)*
Maggie (Lauren Cohan, above) and Negan (Jeffrey Dean Morgan) return in the spin-off drama. *See feature, page 11*

The Great Plague
***DOCUMENTARY** 5, 9pm*
Rob Rinder and historian Ruth Goodman travel back to one of London's darkest chapters to explore the devastating impact the Great Plague of 1665 had on both the city's rich and poor.

Full listings start on **p85**

Friday 11

Dexter: Resurrection
***DRAMA** Paramount+*
Everyone's favourite serial killer Dexter Morgan (Michael C. Hall, above) is back from the dead. This time, he's in NYC, where he meets some new friends he has a lot in common with... *See feature, p4*

Wicked
***MUSICAL** Sky Premiere, 10am & 8pm*
Cynthia Erivo goes green as Elphaba in the musical fantasy adventure, which features the epic showstopper *Defying Gravity*. Ariana Grande and Jonathan Bailey co-star. *See review, page 22*

Jaws @ 50: The Definitive Inside Story
***FACTUAL** National Geographic, 8pm; & Disney+*
Director Steven Spielberg talks about the life-altering experience of making *Jaws*, in this feature-length film marking the movie's 50th anniversary. *See feature, p6*

Chicago Fire, Chicago Med & Chicago PD
***DRAMA** Sky Witness, from 8pm*
Tonight's episodes of the Chicago dramas make up a three-part crossover story, in which the first responders race to save civilians after an explosion. *See feature, p12*

Full listings start on **p95**

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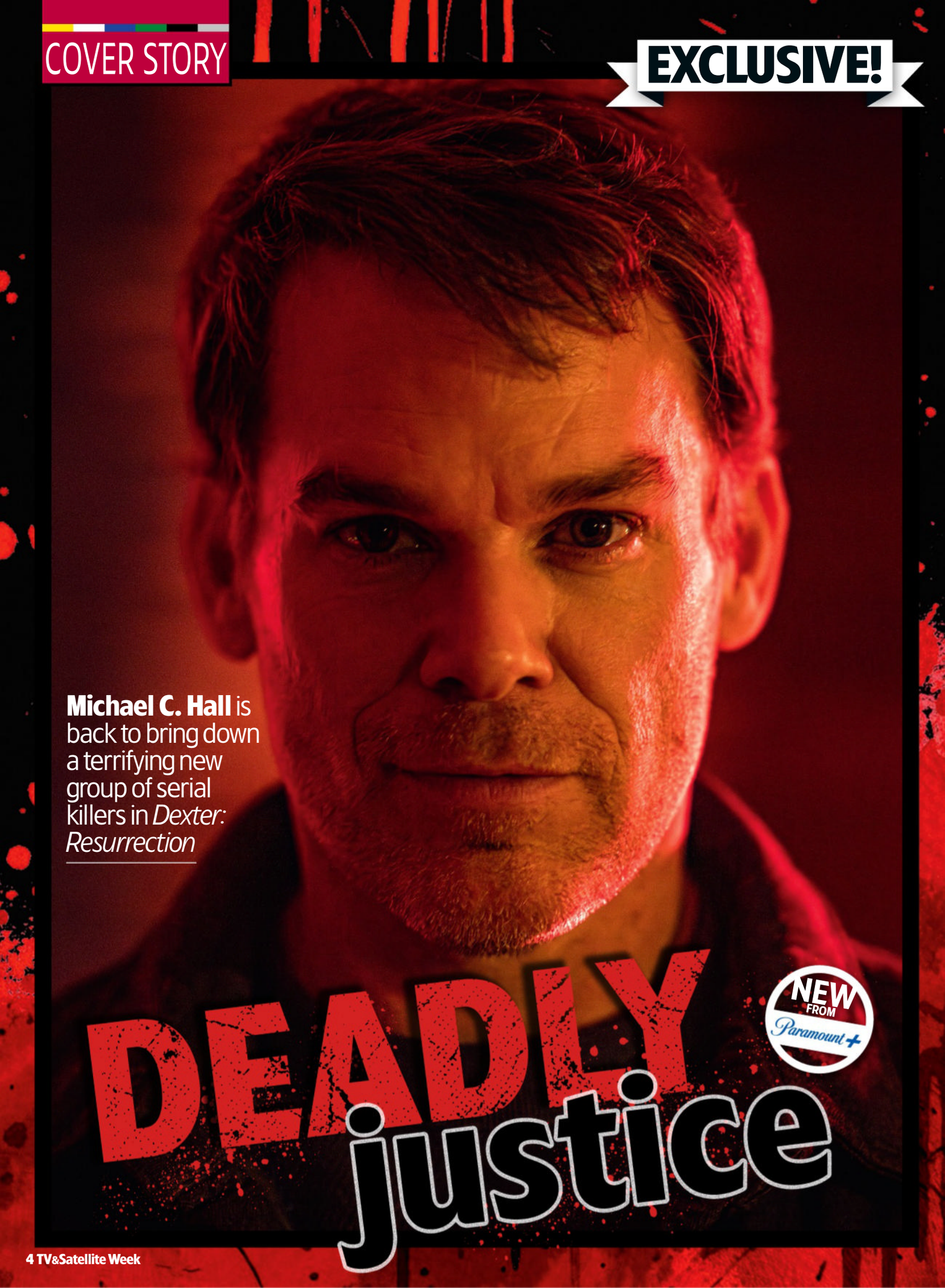


Michael C. Hall is back to bring down a terrifying new group of serial killers in *Dexter: Resurrection*

DEADLY justice

NEW FROM Paramount+

NEW DRAMA

Dexter: Resurrection

From Fri 11 July, Paramount+ (first two eps from 11 July, then weekly)

Having played Dexter Morgan since 2006, Michael C. Hall must have thought he'd seen the last of his serial-killer character when Dexter was left for dead after his teenage son Harrison shot him in the finale of spin-off *Dexter: New Blood* in 2022.

However, fans who tuned in to last year's prequel *Dexter: Original Sin* were delighted to learn in the opening sequence that he survived his injuries. Now, *Dexter: Resurrection* picks up the story 10 weeks after the shooting, with a brand-new series that co-stars Uma Thurman and *Game of Thrones*' Peter Dinklage.

BACK TO LIFE

'It's exciting and gratifying to know that the character of Dexter remains vital for many people,' says Hall in an exclusive video chat with *TV&Satellite Week*. 'At the very beginning, we were just shooting a pilot and hoping it got picked up and found a little niche audience. So this is far beyond what we envisioned for the life of the show.'

Hall has won a Golden Globe for his performance as the oddly likeable vigilante who only kills people who have escaped justice, and despite the drama's dark subject matter and chilling 'kill room' scenes, there are still moments of humour – mainly through Dexter's inner monologues.

'I think finding those moments of levity and humour is essential to making the show palatable and enjoyable,' says Hall.

When Dexter eventually wakes from his lengthy coma in the new series, he's disturbed to discover that his former Miami Metro Police colleague Detective Angel Batista (David Zayas) is coming to visit him. The lawman has been asking awkward questions about whether Dexter is in fact the notorious Bay Harbor Butcher. However, Dexter's main concern is for his son after information leads him to believe that Harrison is in New York.

'It says something about Dexter's character that his first questions when he wakes up are, "Where's my son? Is he OK?" and once he learns that Harrison seems to be in New York, that's the place he goes,' says Hall, 54.

'It's really gratifying that *Dexter* attracts people of calibre'

MICHAEL C. HALL

'There's a human connection there. And Dexter is simultaneously enticed and horrified by the notion that Harrison is following in his footsteps. It's something that he both craves and deeply fears.'

The original show ran for eight seasons from 2006 to 2013 and saw Dexter trying to live a normal life after his adoptive father Harry (James Remar) spotted his murderous urges and managed to channel them into a 'code', meaning he only killed villains who'd escaped the law.

The spin-off revisits the darkness of the original series

The killer finds himself in New York

IN THE BLOOD

The 'nice guy' killer held down a job as a forensics expert, and his knowledge as a blood-spatter analyst meant he always left a spotless crime scene. He eventually married Rita (Julie Benz) and the pair had son Harrison, who inherited his father's 'dark passenger' – although Rita was later murdered by Arthur Mitchell, AKA The Trinity Killer, played by John Lithgow.

Lithgow and Jimmy Smits, who played killer lawmaker Miguel Prado, both return for the new series, while Dexter encounters a new group of terrifying killers (see panel, below) when he receives an invitation from billionaire Leon Prater (Peter Dinklage) and his right-hand woman Charley (*Kill Bill*'s Uma Thurman).

'It's really gratifying that *Dexter* attracts people of calibre. Uma is an icon. She's probably the one who everyone on set was like, "Wow! Uma Thurman is here,"' says Hall.

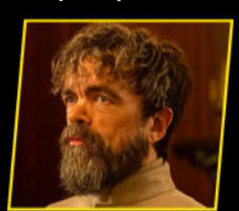
But having played such a dark and disturbed character for so long, wouldn't Hall like to shake things up and do a comedy?

'I would love to do a comedy,' he smiles. 'Although there are some comic elements within the context of *Dexter*, it's obviously under a pretty dark umbrella. I would like to do something where the sun is shining a little more consistently.'

GATHERING OF GHOULS

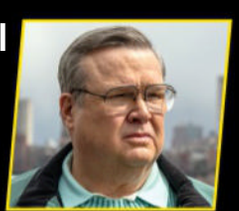
When Dexter receives an invitation to meet a mysterious New York financier, he finds himself in a room full of serial killers. What twisted plan does the sinister billionaire have in store?

Leon Prater
Peter Dinklage



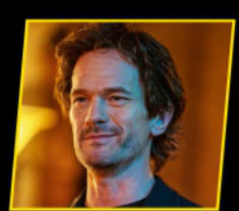
The super-rich venture capitalist appears to be a generous philanthropist, so why is he fascinated with serial killers?

Al, AKA Rapunzel
Eric Stonestreet



The father of two appears jovial, but he can't control the urge to strangle pony-tailed women.

Lowell, AKA The Tattoo Collector
Neil Patrick Harris



The anaesthesiologist targets people with tattoos, which he keeps in a macabre collection.

Charley
Uma Thurman

A former special-ops officer, Charley is Leon's head of security and organises the gathering at his New York home.

Mia, AKA Lady Vengeance
Krysten Ritter

The insatiable Mia is a renowned sommelier who conceals her murderous instincts.

Gareth, AKA The Gemini Killer
David Dastmalchian

The infamous murderer, who kills people in pairs, has become a media sensation.

WORDS: ELAINE PENN. PHOTOS: PARAMOUNT+, SHOWTIME, ADOBE STOCK

Spielberg oversees a vital close-up

NEW FROM Disney+

Sink your teeth into Steven Spielberg's hit movie as *Jaws* celebrates its **50th anniversary**

SHARK ATTACK!

NEW FACTUAL

Jaws @ 50: The Definitive Inside Story

Friday, 8pm, National Geographic, & from Friday 11 July, Disney+

Just when you thought it was safe to go back in the water, Steven Spielberg's 1975 shark thriller *Jaws* is back to terrify us again – as the hit movie turns 50.

Director Steven Spielberg

Released on 20 June 1975 (the UK release came six months later), the film helped launch the career of director Spielberg, became the first summer blockbuster, and was the highest-grossing movie ever made until *Star Wars* took the crown in 1977.

With its iconic 'da-dum… da-dum…' score by John Williams and based on the bestselling novel by Peter Benchley, *Jaws* is celebrated this week in a new documentary, *Jaws @ 50: The Definitive Inside Story*, which features a surprisingly candid interview with Spielberg.

Using home-movie footage and photos from his personal archive, he reflects on how shooting on the ocean, frustrating technical issues with the mechanical shark, and tensions between lead actors Richard Dreyfuss and Robert Shaw meant the film went wildly over schedule and over budget – and even threatened to end his career before it had barely begun.

'My instincts told me the film needed authenticity, so we needed to be out at sea on location,' says Spielberg, now 78. 'But we were way out of our element. We were on the ocean for almost five months, and we all began going off the deep end. It was very hard being out there, being knocked around by the waves and by the currents.

SINK OR SWIM

'Then, on top of all that, for 80% of the time, the shark didn't work. It was demoralising and I was terrified I was going to be fired. All I thought about was going home.'

Yet the tale of a great white shark terrorising the small island of Amity became an instant box-office smash and it remains a cult classic.

The feature-length documentary features contributions from some of the cast, plus late novelist Peter Benchley's wife Wendy (see panel, right), and also hears from top Hollywood film-makers James Cameron, George Lucas and Robert Zemeckis, who reflect on how *Jaws* changed cinema.

But despite the film's triumph, Spielberg admits he suffered from panic attacks for years afterwards.

'I had a really tough time when I finished the movie. The success of *Jaws* was fantastic but it didn't stop me waking up in the middle of the night in a cold sweat,' he says. 'We didn't have the phrase PTSD in those days but I had nightmares about directing *Jaws* for years.

'It was a life-altering experience. On the one hand it was traumatising, but I also owe everything to *Jaws*. It's the film I thought would end my career, but it actually began it.'

MAKING A SPLASH

Wendy Benchley shares her Jaws memories with TV&Satellite Week...

According to his widow Wendy, *Jaws* author Peter Benchley – who passed away in 2006 – had no idea that his novel would become such a publishing and Hollywood sensation.

'Peter always had this idea in his back pocket to write a story about a great white shark that hovers around a New England town and causes chaos,' says Benchley, 84, a shark conservationist. 'But he never conceived that it would be a bestseller or go on to be a film!

Peter and Wendy Benchley

'He co-wrote the screenplay for *Jaws* and had many conversations with Steven Spielberg about the mechanical shark. In reality, great whites are only 15ft long, but Steven understood it had to be 25ft to make it enough of a monster to give the film drama.

'We also got to spend a couple of weeks on set and Peter had a cameo as a TV reporter, which was fun for our family.

'The first time we saw the film was in a big theatre on Broadway and, at the end, everybody stood up and cheered. I remember Richard Dreyfuss jumping up and down, saying, "We did it!" Everybody was elated because it was such a difficult film to make. It made the success even sweeter.'

Goodbye to Gilead

Ann Dowd as Aunt Lydia

Will June find justice as the dystopian drama concludes?

LAST ONE DRAMA

The Handmaid's Tale

Sunday, 10pm, C4; & Prime Video

Handmaid turned rebel-rouser

June Osborne has been at the mercy of Gilead throughout six gruelling seasons. But as she reaches her final reckoning in the show's last-ever episode, can she tear down the regime that robbed her of her freedom, family and identity?

After its top commanders were eliminated in a plane explosion in last week's episode, Gilead is now weaker than ever, yet still not defeated. With backing from the US military, resistance group Mayday liberates Boston and reinstates it as an American city, while June (Elisabeth Moss) desperately tries to locate her daughter, Hannah, who was snatched from her in Season 1.

LOOSE ENDS

Ever-dependable US agent Mark Tuello (Sam Jaeger) has the latest intel on Hannah, as well as Janine (Madeline Brewer), who went missing in the aftermath of Gilead's attempt to publicly execute rebel handmaids. But June isn't just fighting for her loved ones any more; she's at war on behalf of generations of women to come.

'June's evolved into somebody who is stronger, angrier, smarter. Yes, she is carrying a lot more pain, but she has a fight that she didn't have before. She becomes a superhero,' says Moss, 42, who also directed the finale.

'I would never have settled for anything less than perfection when it came to this ending. We understand that it's been a tough watch, and we want to reward fans for their patience and fulfil some of their expectations.'

But the story doesn't end here. Sequel series *The Testaments*, based on Margaret Atwood's 2019 follow-up book, is already in production and will star Chase Infiniti as June's eldest daughter, Agnes (AKA Hannah), with Ann Dowd reprising her role as one-time Gilead enforcer Aunt Lydia.

'I've always loved Lydia,' says Dowd, 69. 'People have asked me, "How did you get to that place? Did you have to spend a lot of time getting to that dark place?" The true answer is that I can't get there fast enough. Lydia is a wonderful role. Playing her is a blast.'

Janine, played by Madeline Brewer

WORDS: HANNAH DAVIES. REBECCA MAHONEY. PHOTOS: COURTESY OF UNIVERSAL STUDIOS LICENSING LLC/ DISNEY+/NATIONAL GEOGRAPHIC. ADOBE STOCK. PRIME VIDEO. C4

Uniting the world

Bob Geldof and Phil Collins are among those recalling the phenomenal musical fundraiser

David Bowie at Wembley

NEW FACTUAL

Live Aid at 40: When Rock 'n' Roll Took on the World

Sunday, 9pm & 10pm, BBC2 (box set, BBC iPlayer)

On 13 July 1985, two iconic fundraising concerts were held simultaneously at London's Wembley Stadium and Philadelphia's John F. Kennedy Stadium with the biggest names in music taking part.

Live Aid, the brainchild of The Boomtown Rats' Bob Geldof and Ultravox's Midge Ure, was organised to raise funds for famine relief in Ethiopia and around two billion people across the world tuned in to watch legends including David Bowie, Queen, U2, The Who, Sir Paul McCartney, Madonna, Tina Turner and Sir Mick Jagger perform.

BBC2's three-part documentary *Live Aid at 40* marks the historic event, which raised an unprecedented £150 million, and explores the legacy of the fundraising initiative. It features exclusive interviews with Geldof and Ure and many of the performers, as well as survivors of the famine, Ethiopian ministers and global politicians. The series also goes behind the scenes of the 1984 Band Aid charity single *Do They Know It's Christmas?* and the subsequent Live 8 concerts of 2005.

SUPERSTARS

Queen, fronted by Freddie Mercury, performed a legendary set at Wembley but the band's drummer, Roger Taylor, recalls how organiser Geldof had not wanted them to take part at first.

'Bob came from the post-punk explosion and I think that he thought Queen were dinosaurs,' he says.

Luckily, Geldof relented and he went on to describe Queen's set as the greatest live performance he had ever seen.

'We had three rehearsal days and packed a few bangers into our set,' remembers Taylor. 'Everybody thought it was a great thing to be doing and every act there knew it was an amazing stage for them to be on.'

The enormous Wembley stage was one of the biggest-ever constructions built for a rock concert.

'It was the size of a football pitch,' says Geldof. 'It was revolving and split into thirds, which meant one band could set up their equipment while a second band was dismantling and a third was performing.'

It was only when Geldof took to the stage himself to perform with The Boomtown Rats that the scale of the event hit him.

'The enormity of this hadn't struck me until then,' he says.

Phil Collins memorably performed in both concerts – the only person to do so – flying on Concorde to Philadelphia following his Wembley set with Sting.

'I became a flagship for the event for playing on both continents but

Collins performed at both concerts

Queen's Mercury and May

WORDS: TESS LAMACRAFT, ALISON SLADE. PHOTOS: ALAMY, BBC, GETTY, ITV

Founders Ure and Geldof

Madonna in Philadelphia

Tina Turner and Sir Mick Jagger

Bono and Sir Paul McCartney

that was not my intention,' he says. 'A couple of my friends were playing in Philadelphia – Eric Clapton and [Led Zeppelin's] Robert Plant. The truth is, I just wanted to play with my mates!'

POWERFUL MOVE

On a more serious note, Geldof recalls the difficult decision to include a harrowing film during the Wembley concert of starving, emaciated Ethiopians.

'I had a meeting with David Bowie to talk about what he was going to perform. We had just been given a film to watch made by CBC. We sat there together and watched this appalling horror. David immediately said, "I'll drop a song [from his set] – you have to put that video on or I'm not doing the show,"' says Geldof.

Initially reluctant, Geldof relented and the film was shown on a large screen in the stadium and seen by viewers at home. One of the children featured on it was three-year-old Birhan Woldu, who was close to death at the time but was saved through aid support. Woldu became a powerful symbol of the famine and, 20 years later, she appeared on stage with Madonna at the Live 8 concert in London's Hyde Park.

'The enormity of this hadn't struck me until then'

BOB GELDOF

And Geldof remembers how, following the screening of the film, the donations came pouring in.

'It was after that video that the phone lines exploded,' he says.

Queen's Sir Brian May adds: 'Suddenly it switched from joy and, "Hey, we're doing this great thing," to, "Oh my God, this is why we're doing this."'

STORY OF THE WEEK

SOAP WEEK

This week's soaps at a glance

Joe is confused when he comes to

EMMERDALE

Joe is kidnapped by Dr Crowley

» **Businessman Joe Tate** has found himself at the centre of a harassment campaign, and his panic rises when his mystery stalker leaves a letter in the kitchen of Home Farm, demanding £100K to keep quiet about his sinister past.

After offloading on Sam, Joe suspects that his new henchman Shaun is the culprit, and he gives the fella the sack.

Shaun's livid and threatens Joe, but, thankfully, Sam turns up in the nick of time with a shotgun in tow and sends him packing. Joe then takes Sam's advice to get away from the village for a while, and he lies to lover Dawn that he's going on a last-minute 'business trip'. But before he can make it to the airport, Shaun turns up and whacks him on the head with a shovel, leaving him unconscious.

Dr Crowley looms

When Joe comes round, he's in a makeshift hospital room, and Dr Crowley – the dodgy medic he paid to rip out Caleb Miligan's kidney and perform an under-the-radar, life-saving transplant – is looming over him. What does creepy Crowley want?

» **PLUS** Cain suggests to broody Sarah that she consider surrogacy, Vinny buries his doubts about marrying Gabby, Kim tells Dawn she has a new man, Nicola employs Lewis at the cafe, and Robert does a land deal with Moira.

whattowatch.com/soaps

ALSO IN THE SOAPS THIS WEEK...

CORONATION STREET

» Kevin lies to his family that he still has cancer (above), the identity of Gary's attacker is revealed, Dee-Dee has Laila baptised behind James' back, Lisa struggles during a therapy session, and Lauren is unnerved by Aadi's kindness.

EASTENDERS

» Ravi (right) goes to desperate lengths to save the Panesar businesses, Lauren and Peter are frantic when sons Louie and Jimmy disappear, Callum and Johnny sleep together, Elaine comes to Cindy's aid, and the fruit-and-veg stall reopens.

Stay Longer, Pay Less!

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Departs Nov 2025 - Mar 2026

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SILVER MEDIUM BRITISH TRAVEL AWARDS 2024

ZOMBIE anarchy!

Kim Coates joins the *Walking Dead* spin-off as a vicious villain

Coates plays scheming Bruegel

NEW HORROR

The Walking Dead: Dead City

Thu, 9pm, Sky Max & Sky Showcase (box set, Sky Box Sets/NOW)

The mean streets of New York were never going to provide a safe haven in the wake of a zombie apocalypse, but as *The Walking Dead: Dead City* returns for Season 2 on Sky Max, there's a new malevolent force at play… Step forward Bruegel, played by Kim Coates, leader of the city's most powerful gang.

'This guy is conniving, vicious and smart, and he'll do what it takes to survive,' reveals 67-year-old *Sons of Anarchy* star Coates. 'He was a super-rich hedge-fund CEO who went down into his bunker when the world ended, and he's got the charisma that makes others want to follow him. He's an art freak, too, so he bases himself in The Metropolitan Museum of Art.

'Manhattan is full of zombies and walkers, and people are toasting rats for protein – they'd be lost without Bruegel taking the lead. There's nobody quite like him in the Walking Dead universe.'

As returning characters Negan (Jeffrey Dean Morgan) and Maggie (Lauren Cohan)face their own struggles, this season focuses on gangs battling for resources.

'It's all about methane,' explains Coates. 'Methane means you can run water again, and you can light up New York. With methane comes power, which means you can run the city.'

A NEW CHALLENGE

Fifteen years after the original show launched, Coates says he's delighted to find himself a part of the hugely popular franchise.

'*Sons of Anarchy* and *The Walking Dead* were massive at the same time,' he says. 'So for me to survive seven seasons as Tig Trager, and now to get invited into the Walking Dead universe, it's beautiful. I'm playing a completely different character to Tig, but the fandom is going nuts for me stepping into this world. I've never done a zombie show before, but I've had a blast.'

Joining the show also presented an opportunity for Coates to fulfil a dream of acting with Dean Morgan.

'Jeffrey is like my brother. I know him so well and I knew it was going to be magical working with him,' explains Coates.

'He couldn't stop laughing during our first scene, we had to keep cutting, he just couldn't hold it together. I did try to bring some humour to Bruegel because the show can be violent and crazy at times, so you need some relief while you're eating your popcorn.'

Coates also reveals that he's very relaxed about the long line of wrong'uns on his CV.

'I also play heroes, fathers and husbands, but whenever I get a new role, my mother will ask, "Who do you kill in this one, honey?"' he laughs. 'I got to hang out with Gary Oldman when I was on Broadway in the early 1990s, and when I asked him if he feared being typecast, he just said, "No, mate, I give good creep" – and I feel the same.'

The resting dead

Negan and Maggie

WORDS: EMMA BULLIMORE. PHOTOS: SKY, AMC

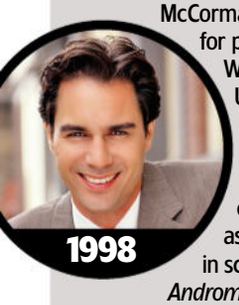
LOOK WHO'S BACK...

A familiar face appearing in a new role this week

Eric McCormack

Elsbeth

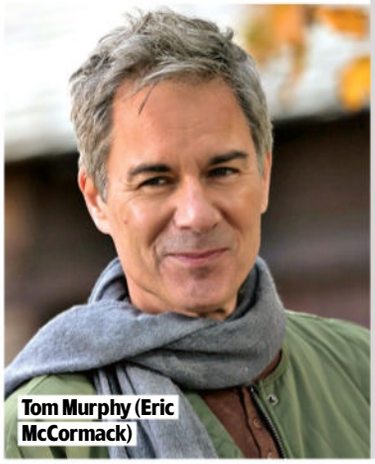
Monday, 9pm, Sky Witness



Born in Canada in 1963, Eric McCormack is best known for playing gay lawyer Will Truman in hit US sitcom *Will & Grace* (inset) from 1998 to 2020. His other small-screen credits include roles as a news reporter in sci-fi series *The Andromeda Strain* (2008), plus Canadian crime procedural *Departure* (2023), post-apocalyptic thriller *Travelers* (2016-2018) and comedy drama *Atypical* (2019).

HIS NEW ROLE

McCormack, 62, guest-stars in this week's episode of crime drama *Elsbeth*, playing Tom Murphy, the charismatic founder of a holistic wellness centre. When a young man is found dead in his car, Elsbeth (Carrie Preston) visits Tom's retreat and begins to suspect that the guru may well be behind the murder. 'Eric's a really good actor, and you believe he's someone who could operate in the wellness space, because he's so fit and trim and charming,' says executive producer Jonathan Tolins. 'He's chilling in the part. You totally believe why he is successful – and how he's able to manipulate people.'



Tom Murphy (Eric McCormack)

With his assistant Beverley Dixon

Johnny Vegas at his Vintage Vegas store

Open for business

Johnny Vegas tries his hand at running an antiques shop

Firefighters guide a casualty to safety

DRAMA

Chicago Fire
Friday, 8pm, Sky Witness

Chicago Med
Friday, 9pm, Sky Witness

Chicago PD
Friday, 10pm, Sky Witness

Chicago CRISIS

The Windy City's firefighters, medics and cops race against the clock in an **explosive crossover**

The Windy City's emergency services are all stretched to the limit in the latest 'One Chicago' crossover event between franchise series *Chicago Fire*, *Chicago Med* and *Chicago PD*.

Across three episodes on Friday, beginning with *Chicago Fire* at 8pm, the first responders are called into action when a huge gas explosion threatens one of the city's buildings, with firefighters

WORDS: ELAINE REILLY, NATASHA HOLT, IAN MACEWAN, EMMA BULLIMORE, CAREN CLARK, HANNAH DAVIES. PHOTOS: 5, BBC, GETTY, QUEST UK, SHUTTERSTOCK, SKY, NBC, CBS

NEW FACTUAL

Johnny Vegas' Little Shop of Antiques

Tuesday, 9pm, Quest

In Quest's new eight-part series, narrated by Sally Lindsay, cameras follow likeable comedian Johnny Vegas as he opens a pop-up antiques store in Cheshire.

Along the way, he'll be hunting some weird and wonderful items to sell and adding them to his own eccentric collection including a giant knife and a Lionel Richie teapot. But will he be able to make enough profit from his Vintage Vegas shop to turn it into a permanent business?

Here, Vegas tells us more…

Why did you want to open the shop? I've said for years that there's a fine line between collecting and hoarding. I can't stop filling my house with things and I have two lock-ups full of stuff. The shop means that I can let go of some of my own pieces, so it's the perfect solution.

Is this something you've wanted to do for a while? A bit like stand-up and other things I've done, I've never had a career plan. I've absorbed information from TV shows about antiques and thought, 'I could do that.' Putting it to the test was a quiet ambition, but doing this is beyond my wildest dreams.

What was the reality of buying and selling? You think you have got good taste but suddenly you're unpacking things at the shop and thinking, 'Who's going to buy that?'

What were your highlights? Being taken seriously by the other dealers and gaining their respect. And it's a great feeling going through the takings at the end of the day!

What memorable items did you pick up on your travels? One of the most valuable pieces was a leather kangaroo. I had to put a sign on it saying, 'This is an antique. Please be careful.' I also got some 1950s money boxes and a fantastic toy called Thirsty Bear – a little wind-up bear that pours itself a drink. It fills me with such joy that I can't bring myself to sell it. I got offered a ridiculous amount of money for it but Thirsty Bear is not for sale!

Vegas takes stock of his wares

including Kelly Severide (Taylor Kinney) attempting to control the blaze and rescue hundreds of civilians.

But it's a potential catastrophe beneath the surface that sends Chicago's finest on a race to save 40 people trapped deep underground – including two of their own – as the Fire Department's Stella Kidd (Miranda Rae Mayo) tries to help a trainload of passengers to get to safety following a cave-in.

Back at street level, Dr Dean Archer (Steven Weber) is busy dealing with multiple casualties, including a man whose legs have become trapped under fallen concrete. And for the city cops, there are suspects to search for who may be responsible for this terrorist attack.

'This is an epic event from start to finish,' says showrunner Andrea Newman of the franchise's first crossover since 2019, adding that, amid all the high-stakes action, human drama lies at the heart of the storylines.

'It all starts with the characters. We take who and where they are, and choose storylines that will challenge them the most – and reveal new and surprising dynamics. We love to take characters that haven't really interacted before and seem very different. Then we throw them into a pressure-cooker situation together to see how they handle it and what they bring out in each other.'

Police colleagues arrive at the scene

WHAT ELSE CAN I WATCH?

We search the TV schedules to uncover the shows you might have missed...

NEW Insomnia

Sunday–Tuesday, 9pm, 5

Vicky McClure (left) stars in a chilling six-part thriller that follows Emma, a successful lawyer and married mother of two. But as her 40th birthday nears, Emma starts struggling to sleep – a horrible reminder of what happened to her own mum, who became an insomniac when Emma was a child, leading to severe mental illness. As her sister, Phoebe (Leanne Best), returns from abroad, Emma starts to feel like her perfect life is unravelling.

• ***Previously shown on Paramount+ in 2024***

Today at the Great Yorkshire Show

NEW

Thursday & Friday, 8pm, 5

Julia Bradbury and Jules Hudson (both pictured) are in Harrogate to showcase highlights from the agricultural extravaganza. *Springtime on the Farm*'s Dave and Rob Nicholson and their shire horse Sapphire are among those hoping to win a rosette, while *The Yorkshire Vet*'s Peter Wright will help to judge the 'People's Pig' contest!

Queen at the BBC

Friday, 9.10pm, BBC4

If this week's Live Aid documentary (see p8) has whetted your appetite for all things Queen, BBC4 has an evening of archive programming on the band that also includes *Queen: The Legendary 1975 Concert* (10.10pm), plus *Freddie Mercury: The Final Act* (11.15pm), which looks at the singer's last days, and *Freddie Mercury: A Life in Ten Pictures* (12.45am).

Billion Dollar Playground

NEW

Mon, 9pm & 9.55pm, BBC3 (box set, BBC iPlayer)

Concierges, chefs, butlers and housekeepers working for an Australian luxury-holiday company – including JB, Jasmin and Heaven (all pictured) – cater to the 24/7 demands of ultra-wealthy guests in this new reality series, 'You can never tell these people no', says lead concierge Salvatore. 'This is what's expected in this business and the buck stops with me with everything.'

YOUR WATCHLIST

NETFLIX

prime

BBC iPLAYER

Disney+

4

sky box sets

NOW

tv+

Can expat Jessica find happiness with Felix?

Special relationship

Megan Stalter and Will Sharpe star as a New Yorker and a Londoner who form a connection in Lena Dunham's new romcom

NETFLIX Too Much

NEW *Available:* Thursday 10 July
Genre: Comedy drama
Season: 1 *Episodes:* 10

After a messy break-up derails both her professional and personal lives, idealistic New Yorker Jessica (*Hacks*' Megan Stalter) attempts a fresh start across the Atlantic in *Too Much*, Netflix's bittersweet romantic comedy from *Girls* writer/director Lena Dunham.

Offered the opportunity to transfer to her company's new office in London, Jessica – whose knowledge of the UK is primarily drawn from films and TV shows – has visions of getting over her ex while living on a country estate and attending a whirl of society parties teeming with dashing suitors. However, the reality of her new life in Britain comes as something of a culture shock.

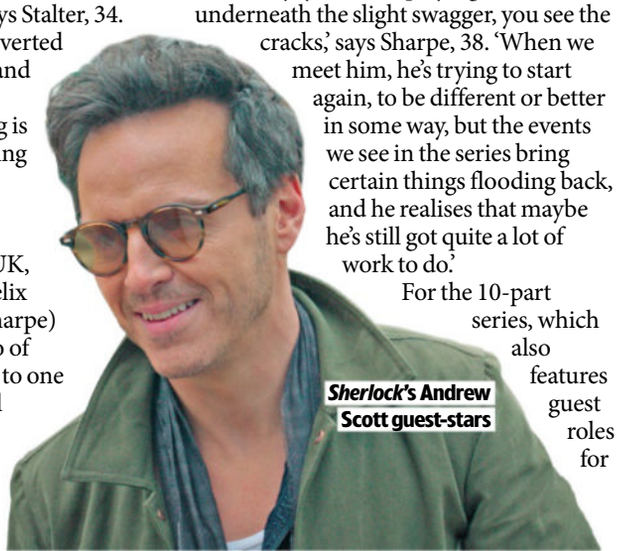
'Jessica thinks London is going to be really dreamy and romantic, and it's kind of the opposite of that,' says Stalter, 34. 'I think *Too Much* is a subverted romcom – it is romantic and it is funny, but also every time you think something is going to happen, something different does.'

IN HARMONY

On her first night in the UK, Jessica meets musician Felix (*The White Lotus*' Will Sharpe) at a local pub, and the two of them are instantly drawn to one another. But Jessica is still trying to find her feet as a newly single woman living in an unfamiliar country, and Felix has plenty of baggage of his own.

'He's quite cool in some ways, but what I enjoyed about playing Felix is that underneath the slight swagger, you see the cracks,' says Sharpe, 38. 'When we meet him, he's trying to start again, to be different or better in some way, but the events we see in the series bring certain things flooding back, and he realises that maybe he's still got quite a lot of work to do.'

For the 10-part series, which also features guest roles for



Sherlock's Andrew Scott guest-stars

Will Sharpe and Sir Stephen Fry

stars such as Kit Harington, Andrew Scott, Rhea Perlman, Richard E. Grant, Sir Stephen Fry, Naomi Watts, Emily Ratajkowski, Jessica Alba and Jennifer Saunders, Dunham drew inspiration from her own experiences of coming to the UK for work – which ultimately led to her meeting her husband, musician Luis Felber, with whom she co-created *Too Much*.

OPTIMISTIC

Dunham says she was also influenced by her own love of romantic comedies, and a desire to explore beyond the conventional structure of those stories.

'I love romantic comedies because they're hopeful, and they're about people,' says Dunham, 39. 'But I wanted to look at fighting off your own worst instincts, because most of the time our worst enemy is our own desire to sabotage ourselves.'

What we're watching...

The shows being enjoyed by the *TVSW* team

prime Deep Cover

Genre: Comedy Episodes: One-off

The chemistry between *Ted Lasso*'s Nick Mohammed, *Jurassic World: Dominion*'s Bryce Dallas Howard and The Lord of the Rings star Orlando Bloom carries this fun action-comedy movie. They play improv actors recruited by a detective (Sean Bean) to infiltrate London's gangland by posing as criminals. Carrying out the sting operations provides the three with their dream acting roles – until, that is, they find themselves way in over their heads. Paddy Considine and Ian McShane round out the cast.

tv+ Echo Valley

Genre: Thriller
Episodes: One-off

Sirens' Julianne Moore plays Kate, whose addict daughter Claire (Sydney Sweeney) arrives at her farm covered in someone else's blood. Helping Claire takes Kate down a dark, twisted path.

NETFLIX Titan: The OceanGate Submersible Disaster

Genre: Documentary
Episodes: One-off

Hot on the heels of BBC2's *Implosion: The Titanic Sub Disaster*, Netflix also examines how the dive to see the wreckage of the *Titanic* in 2023 was an accident waiting to happen.

Now in production...

Three upcoming shows to look out for soon

NETFLIX My Brilliant Career

Filming is under way on Netflix's adaptation of Miles Franklin's Australia-set 1901 novel about a spirited young woman trying to escape her troubled life. Philippa Northeast (above), Christopher Chung and Genevieve O'Reilly will star.

Paramount+ The Revenge Club

Martin Compston (above) will appear in Paramount+'s six-part drama centring on strangers who join a divorce support group and forge a pact to wreak vengeance on those who have wronged them. Aimee-Ffion Edwards and Meera Syal also feature.

NETFLIX A House of Dynamite

Netflix's thriller, starring Idris Elba (above), Rebecca Ferguson and Jason Clarke and directed by Kathryn Bigelow, streams from 24 October and follows the fallout when a missile is launched at the USA – but who was responsible?

WORDS: CAREN CLARK, JUDY EWENS, STEVEN PERKINS. PHOTOS: APPLE TV+, GETTY, NETFLIX, PRIME VIDEO

Bad omen

A **psychic warlord** threatens the galaxy as the sci-fi saga returns

Hari Seldon (Jared Harris, left) and co

tv+ Foundation

NEW *Available:* ***Friday 11 July*** *Genre:* ***Sci-fi*** *Season:* ***3*** *Episodes:* ***10 (released weekly)***

Set 152 years after the events of Season 2, the third run of Apple TV's epic sci-fi drama *Foundation*, based on Isaac Asimov's books, continues the tale of a collapsing galactic empire and an outpost designed to weather the fallout called Foundation.

Jared Harris returns as mathematician and psychologist Hari Seldon, who must contend with a new threat – The Mule, a warlord intent on ruling the galaxy, using physical force and mind control.

Here, *Mad Men* and *Chernobyl* star Harris, 63, tells us more...

You play two different versions of Hari in the show – what's that like? That's the fun! It was pitched to me along the lines that there were these two versions of the character, and they were going to be very different, and it was this very attractive acting challenge. It was described as being like *Dead Ringers*, the 1989 movie where Jeremy Irons plays twins.

What is Hari up to this season? Hari is with Gaal Dornick [Hari's protégée, played by Lou Llobell] and they're having to deal with the fact that the creation of the Second Foundation is happening about 150 years too late. They're trying to catch up to where they're supposed to be. The plan has gone awry, and they need to get control.

How does psychic warlord The Mule (Pilou Asbæk) impact the story? The Mule changes everything. He has the ability to completely invalidate psychohistory, the plan that Hari hoped would become effective over 1,000 years. In an odd way, The Mule's going to be able to make it possible within a single lifetime, but it's going to be in the hands of The Mule, who's a slightly deranged and dangerous personality.

What was the best part of filming the new season? I genuinely always enjoy coming back to the show and meeting the people that we have built a relationship with. And on the other side of the story, there are all these new characters that I get to meet and play with and that's great fun as well.

Into the WILD

An epic mission to **save six endangered species**....

tv+ The Wild Ones

NEW *Available:* ***Friday 11 July*** *Genre:* ***Documentary*** *Season:* ***1*** *Episodes:* ***6***

Join an intrepid team of wildlife film-makers as they venture way off-grid in search of the world's most endangered species in a captivating six-part docuseries.

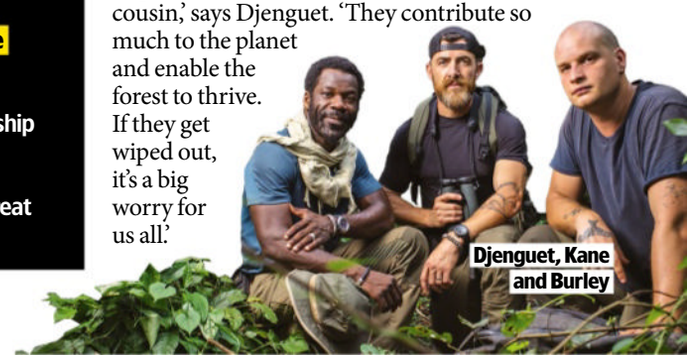
The Wild Ones follows ex-Royal Marine Commando and expedition leader Aldo Kane, wildlife cinematographer Vianet Djenguet and camera-trap expert Declan Burley as they travel across six countries to help save species including the Gobi bear and Javan rhino from extinction.

Their journey begins in the depths of Malaysia's Taman Negara rainforest, home to the Malayan tiger. But with leeches, a monsoon and even foot rot all in store for the trio, will they glimpse the elusive cat?

'We were on the same trails as a big male tiger,' says Kane. 'Nothing hones your attention like being in the same part of the jungle with an amazing apex predator like that. It felt very real and visceral.'

Armed with cutting-edge cameras and plenty of banter, the presenters also venture across Mongolia, Armenia, Indonesia, Canada and Gabon to help scientists track and protect animals including the Western lowland gorilla, Caucasian leopard and North Atlantic right whale.

'For me, the Western lowland gorilla is particularly important because the gorilla is our closest cousin,' says Djenguet. 'They contribute so much to the planet and enable the forest to thrive. If they get wiped out, it's a big worry for us all.'



Djenguet, Kane and Burley

WORDS: CAREN CLARK, TOM BEDFORD, REBECCA MAHONEY, RICHARD MCCLURE. PHOTOS 5, APPLE TV+, C4, ITV, PRIME VIDEO, U&DRAMA, ADOBE STOCK

MALIBU murders

Maggie Q targets a serial killer in a *Bosch* spin-off

prime **Ballard**

NEW *Available: Wednesday 9 July Genre: Crime drama*

Season: 1 Episodes: 10

We first met Los Angeles detective Renée Ballard in the final season of Prime Video's crime-drama sequel *Bosch: Legacy* when she and private eye Harry Bosch joined forces to catch a serial killer.

Now, in a new spin-off, Maggie Q reprises her role as the former homicide cop who is heading up a cold-case division – an underfunded unit made up of reserves and volunteers that's confined to the station basement as it handles the largest case load in the LAPD.

DARK DISCOVERIES

But while dealing with long-forgotten crimes, Renée and her team also uncover a serial killer who remains an active threat, and stumble across a conspiracy within the force.

'It's a very different show from *Bosch: Legacy*,' says Q, 46. 'It has high-octane moments and a lot of good detective work, but it's shot at the beach in Malibu. I know this sounds ridiculous, but I haven't seen a show shot like this since *Baywatch*. Renée lives in Malibu, and she goes home to the beach. That's her peace among the dark underbelly of her work. It's an interesting juxtaposition.'

Among the cast is Amy Hill as Tutu, Renée's fiery grandma, while her squad includes Michael Mosley as reserve officer Ted, Rebecca Field as volunteer Colleen, Victoria Moroles as legal intern Martina, and Courtney Taylor as Samira, an ex-cop who returns to the force at Renée's behest.

And while fans might have been disappointed when *Bosch: Legacy* was axed after three seasons, they'll be delighted to learn that Titus Welliver revisits his character in the new spin-off.

'Maggie and I had never met each other before *Bosch: Legacy*, but the chemistry was there, it really worked,' says Welliver, 63. 'Harry becomes kind of a mentor to her, and has paternal feelings for her. It's a beautifully realised relationship.'

Titus Welliver appears as Harry Bosch

Maggie Q and Courtney Taylor

Maggie Q as Renée Ballard

EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up

U Outrageous

U&Drama's period saga about the lives of the Mitford sisters explores the first encounter between Diana (Joanna Vanderham) and fascist future husband Oswald Mosley (Joshua Sasse), and how she becomes enthralled by his rhetoric.

5 Murder Most Puzzling

After a puzzle clue is found alongside a girl's body in 5's crime drama, crossword-setter Cora Felton (Phyllis Logan) tries to help the police, but then surprising information about Cora's own life emerges.

4 Pushers

In C4's sitcom, Rosie Jones plays skint Emily, whose ex-schoolmate Ewen (Ryan McParland) asks her to deliver a package for him. Although Emily is shocked to discover Ewen is dealing drugs, his illegal enterprise could solve her money worries...

itvX Noel Edmonds' Kiwi Adventure

Cameras follow the fortunes of the TV presenter and wife Liz as they run a hospitality business in rural New Zealand on ITV1. He also introduces viewers to his age-defying wellness routine.

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Pick of the new releases

The best new shows to enjoy this week on streaming services...

The Summer Hikaru Died

Saturday 5 July

Animé. Best friends Yoshiki and Hikaru live in rural Japan and are inseparable until the day Hikaru comes back from the mountains, possessed by an other-worldly entity.

Trainwreck: The Real Project X

Tuesday 8 July

Documentary. In 2012, a girl in a small Netherlands town created a Facebook event for her 16th birthday party, but mistakenly made the page public instead of private. Dutch teenagers then made the event go viral and it turned into a full-blown riot.

Building the Band

Wednesday 9 July

Reality series hosted by Backstreet Boys' AJ McLean. Singers vie for a chance to form the next big group, sight unseen, leaving looks out of the equation. Nicole Scherzinger serves as a mentor while guest judges include the late Liam Payne, whose family approved his inclusion.

Ballard

Wednesday 9 July

Spin-off from *Bosch: Legacy* with Maggie Q reprising her role as LAPD cop Renée Ballard, who heads up a new cold-case division but uncovers a conspiracy within the police force. Titus Welliver guests as retired detective Harry Bosch. See feature, page 17.

Ziam

Wednesday 9 July

Thai zombie thriller. A former Muay-Thai boxer needs all his skill, speed and tenacity to save his doctor girlfriend when the hospital where she works at is overrun by a horde of zombies.

Shifting Gears

Wednesday 9 July

Sitcom starring Tim Allen, from the Santa Clause and Toy Story movies, as the widowed owner of an auto-repair shop whose estranged daughter (*2 Broke Girls*' Kat Dennings) unexpectedly shows up with her two kids, needing a place to live.

Leviathan

Thursday 10 July

Animé set in an alternate 1914 where bioengineered beasts battle mechanical war machines. A fugitive prince meets a girl disguised as a boy aboard a living airship and their journey could change the course of World War One.

Too Much

Thursday 10 July

Romantic comedy starring *Hacks*' Megan Stalter as New Yorker Jessica, who, reeling from a break-up, moves to London. There, she meets her unexpected match in sleep-until-noon musician Felix (*The White Lotus*' Will Sharpe). See feature, page 14.

Brick

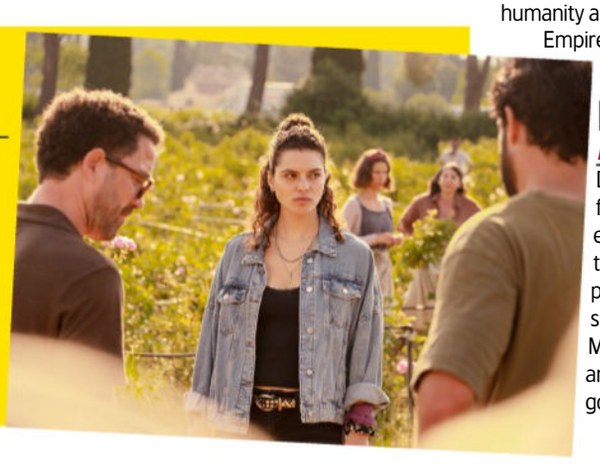
Thursday 10 July

German thriller film. When a mysterious brick wall encloses their building overnight, a couple must work with their neighbours to find a way out alive.

Under a Dark Sun

Wednesday 9 July

French thriller. On the run from a troubled past, a young mother (Ava Baya) gets a job as a picker on a prestigious flower farm in Provence. But when her boss is murdered, she becomes the prime suspect – only to discover that he was actually her father.



Dexter: Resurrection

Friday 11 July

Michael C. Hall returns as vigilante serial killer Dexter Morgan in a sequel set weeks after the events of 2021/22's *Dexter: New Blood*. See feature, page 4.

One Night in Idaho: The College Murders

Friday 11 July

Docuseries about the 2022 murders of four students in their off-campus home in Idaho. Six weeks after the killings, student Bryan Kohberger was arrested and is currently awaiting trial.

Foundation

Friday 11 July

The third season of the epic sci-fi series based on Isaac Asimov's stories and chronicling a band of exiles out to save humanity amid the fall of the Galactic Empire. Starring Jared Harris. See feature, page 16.

The Wild Ones

Friday 11 July

Documentary series following a trio of wildlife experts on expeditions to track and protect the planet's most endangered species, including the Malayan tiger, the Gobi bear and the Western lowland gorilla. See feature, page 16.

Jaws @ 50: The Definitive Inside Story

Friday 11 July

Documentary to mark 50 years since the release of Steven Spielberg's shark thriller *Jaws*, featuring behind-the-scenes anecdotes and archive footage from the set. Also on National Geographic on Fri 11 July at 8pm. See feature, page 6.

Zombies 4: Dawn of the Vampires

Friday 11 July

The fourth film in the musical-comedy series. Zed (Milo Manheim) and Addison (Meg Donnelly) embark on a road trip that lands them in the middle of a Daywalkers v Vampires rivalry.

Arcadia

Friday 11 July

Belgian-Dutch sci-fi series from Walter Presents set in a dystopian world where citizens are assigned a score, which determines their job, healthcare access and even their right to remain in Arcadia. If their score drops too low, they're banished to the lawless Outer World.

Madea's Destination Wedding

Friday 11 July

Comedy starring writer/director Tyler Perry as tough, elderly matriarch Madea. She and the rest of the family head to the Bahamas for her great-niece's wedding to a rapper.

WORDS: JUDY EWENS. PHOTOS: C4, ©2025 DISNEY & ITS RELATED ENTITIES, NETFLIX

Documentaries

Jimmy Doherty on his mission to save two polar bears doomed to die

Bear necessities

Ewa the polar bear

Jimmy Doherty

NEW FACTUAL

Jimmy Doherty's Big Bear Rescue

Sunday, 8pm, C4

More than 20 years ago, Jimmy Doherty opened a pig farm in rural Suffolk, which he has since turned into a wildlife park, home to tapirs, monkeys, emus and a giant anteater.

Then in 2022, the farmer and TV presenter received a phone call from an expert asking if he could rehome two polar bears from a wildlife park in Sweden. The mission led to one of the biggest and most

Classic Car Kings

Tuesday, 8pm, U&Yesterday (box set, U)

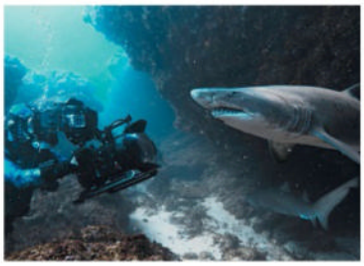
This new series follows the vehicle restorations undertaken at Irv's Resto Shop in Cumbria's Barrow-in-Furness, where a team of experts bring classic cars back to their best. First up is a rusty 1949 Type 1 Volkswagen Beetle that's been off the road for decades. When Paul 'Irv' Irving reveals the refurbished motor, how will its owner react?

Heatwaves: The New Normal?

Monday, 7pm, BBC2

With summer temperatures in Britain soaring in recent years, it seems that heatwaves are becoming a regular event. Sarah Keith-Lucas takes a look at the impact of extreme heat on people and the environment, and examines how the UK will cope if temperatures continue to rise.

• ***Previously shown on BBC News***



Sharks Up Close with Bertie Gregory

Tue, 8pm, National Geographic WILD

Kicking off the channel's annual Sharkfest strand, this show sees *Secrets of the Penguins* film-maker and naturalist Bertie Gregory travel to South Africa for his most audacious mission yet – to dive, without a cage, along great white sharks that are hunting seals in shallow coastal waters.

WORDS: HANNAH DAVIES, JUDY EWENS, IAN MACEWAN. PHOTOS: 5, ALAMY, C4, GETTY, NATIONAL GEOGRAPHIC, SKY, U&YESTERDAY

Enjoying the water

expensive challenges of Doherty's farming career.

'There were two polar bears in desperate need of a home because their park in Sweden was closing down,' explains Doherty, 50. 'Polar bears have complex needs and nobody else was willing to take them. They were going to be put down if they weren't rehomed. We couldn't let that happen, so we said yes.'

DESPERATE MEASURES

C4's new series *Jimmy Doherty's Big Bear Rescue* follows Doherty, his wife Michaela and their team as they prepare for their new arrivals by taking out a huge loan to create the biggest polar-bear reserve in Europe and even training their staff to shoot in case of an emergency.

'It's not been a decision we've taken lightly,' admits Doherty. 'Polar bears would think nothing of killing us, so the enclosure has to be world class, and when it comes to security, it's got to be bang on – nothing can be left to chance. But what's the alternative? We're their last chance.'

Finally, the day dawns when the two bears, 17-year-old Ewa and her three-year-old cub Miki, arrive on the farm, having travelled 1,000 miles by truck and ferry from Sweden. But there's an unforeseen tragedy when Miki dies suddenly just as she's being unloaded into her new enclosure. A post-mortem reveals she suffered an unexplained heart attack, which could have been caused by an underlying condition.

'Losing Miki was the worst shell shock. It felt like we'd failed,' says Doherty. 'But we saved Ewa, otherwise she would have been shot. Now she's rolling in the grass in what will be her forever home, so in many ways we've succeeded.

'It's easy to think, "It's done, we've saved her." But it's not mission accomplished, because there are other animals that need saving and there are surprise additions to our farm in the next chapter of our story, including Arctic wolves plus a new friend or two for Ewa!'

The Great Plague with Rob Rinder & Ruth Goodman

Thursday, 9pm, 5

Rob Rinder and historian Ruth Goodman step into the shoes of Londoners from very different backgrounds to explore the impact of the Great Plague of 1665 on the city's rich and poor, ranging from a wealthy cloth merchant to an impoverished gravedigger.

Surviving Ohio State

Tuesday, 9pm, Sky Documentaries

George Clooney is the producer of this documentary on Ohio State University's athletics director and team doctor Richard Strauss, who, between 1978 and 1998, abused hundreds of male students. The film examines the systemic failures that allowed Strauss' misconduct, while survivors talk of their trauma. Strauss died by suicide in 2005.

Exploring the dark culture of suicide forums

POSED BY MODEL

Toxic mail

A C4 docuseries unwraps a **deadly online business**

NEW FACTUAL

Poisoned: Killer in the Post

Wednesday & Thursday, 9pm, C4 (box set, Channel 4 Streaming)

David Parfett with a picture of late son Tom

In October 2021, David Parfett was devastated to learn that his son Tom had been found dead in a hotel room with poison next to his body. He was 22 and had taken his own life.

As Parfett struggled to come to terms with his grief, his son's tragic death then led him into a disturbing world of online suicide forums – and to a website run by a man who was sending lethal poison worldwide by post for a fee.

'I was so angry. How can someone like my son get hold of something like this?' says Parfett in two-part C4 docuseries *Poisoned: Killer in the Post*. 'It's the equivalent of posting a loaded gun with instructions on pulling the trigger. Tom would have died in agony.'

With no support from the police, David refused to accept their suicide ruling without understanding how his son obtained the poison. In desperation, he turned to journalist James Beal, deputy investigations editor at *The Times*.

Posing as a suicidal individual himself, Beal was able to infiltrate a dark network of suicide forums and discovered the website that had supplied poison to Tom was run by Kenneth Law, a Toronto chef who was making a profit from vulnerable people's deaths.

Eventually, Beal travelled to Ontario, where he confronted Law outside the post office from which he was apparently mailing many of his deadly products.

In 2023, shortly after *The Times* published the story, Law was arrested. He now faces 14 counts of first-degree murder and 14 of aiding and assisting suicide in Ontario. He's also linked to 131 deaths worldwide, including 97 in Britain. Law denies any wrongdoing.

If convicted, Law faces imprisonment for life with no possibility of parole for 25 years.

'If he's found guilty, the scale of this makes him one of the worst mass murderers ever,' says David. 'Tom had a lot to look forward to. Now I'm never going to see him grow up. That's all gone.'

Films Our pick of this

Wicked

MOVIE OF THE WEEK

This fabulous prequel to *The Wizard of Oz* sees **Cynthia Erivo** and **Ariana Grande** as frenemy witches

MUSICAL FANTASY

Friday, 10am & 8pm, Sky Premiere ★★★★

Giving us the backstory for the Wicked Witch and the Good Witch from the 1939 movie classic *The Wizard of Oz*, the blockbuster hit Broadway musical has been turned into an equally blockbusting film. Cynthia Erivo is sensational, delivering a powerhouse performance as put-upon green-skinned outsider Elphaba, while pop superstar Ariana Grande is a comic revelation as her fellow young witch-in-the-making, vain, entitled Galinda (later to become Glinda the Good).

The pair's frenemy relationship after they meet at Oz's oddly named Shiz University is the story's beating heart, but Jonathan Bailey delivers a charismatic, scene-stealing turn as their potential love interest, egotistical Prince Fiyero. The film is long, over two-and-a-half hours, and it only tells the musical's first half (the second part, *Wicked: For Good*, is out around the end of this year), but the larger-than-life performances hold our attention to the end, while director Jon M Chu gives the song-and-dance numbers lots of splashy, colourful pizzazz. 2024, PG, 161MIN

WORDS: JASON BEST, NIGEL PIZEY

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

More premieres and Day by Day planner

week's Best Movies

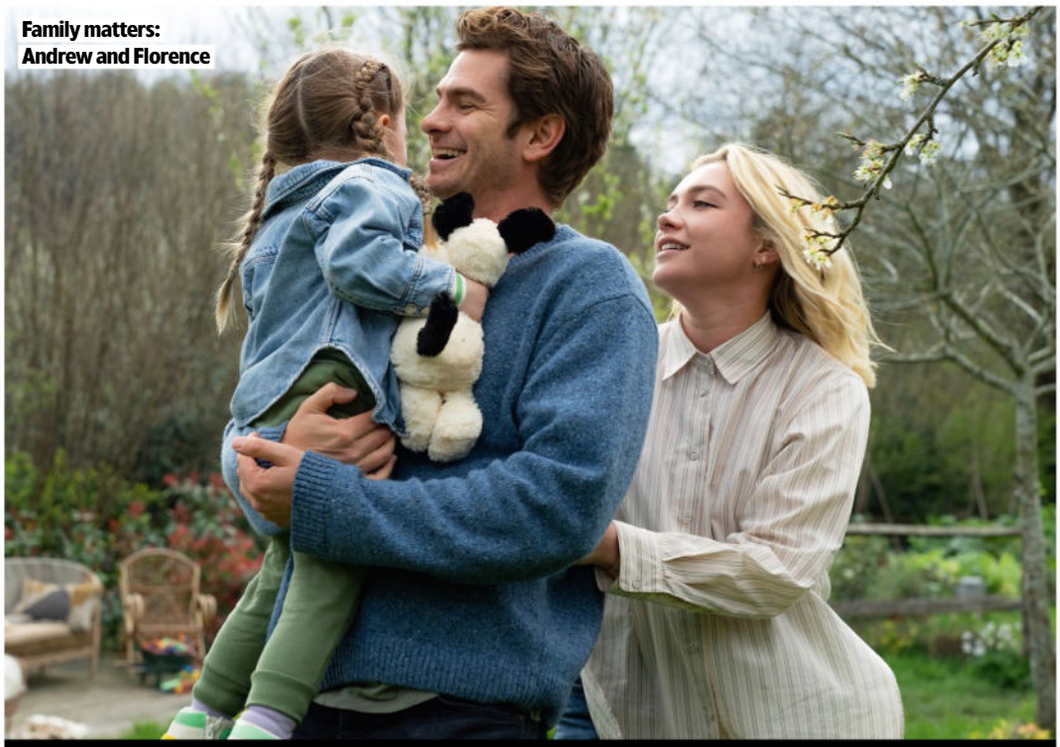
COMEDY THRILLER

I Don't Understand You

Sunday, 8am & 3.55pm, Sky Premiere ★★★

Miscommunication is the name of the game as gay American couple Nick Kroll and Andrew Rannells travel to Italy for their anniversary, while awaiting news about their baby adoption. The pair end up in the middle of the Italian countryside where their lack of the lingo sees them embroiled in all manner of escalating –and very bloody – calamities. The first half of the film is perfectly charming, if not particularly funny, but once the carnage begins laughs are more plentiful. Kroll and Rannells are thoroughly believable and, considering what occurs, their plight is more grounded than expected, but Amanda Seyfried is wasted as the woman who is about to give birth to their child. It could be a little tighter, but as an increasingly dark comedy it finally hits the spot. 2024, 15, 97MIN

Knives out: Andrew and Nick



Family matters: Andrew and Florence

ROMANTIC DRAMA

We Live in Time

From Saturday, Netflix ★★★★

Anchored by superb, charismatic performances by Andrew Garfield and Florence Pugh, this superior weepie slickly combines elements of romantic comedy and tearjerking tragedy while jumping back and forward in time to tell its decade-spanning story. The stars anchor the choppy narrative and they keep us invested in the romance of Garfield's Tobias, a breakfast cereal marketer, and Pugh's brilliant chef Almut, from their initial meeting by chance (she runs him over in her car) through to the birth of their daughter (Grace Delaney) and her diagnosis with stage three ovarian cancer – just don't expect the film's director, John Crowley (*Brooklyn*) and screenwriter, award-winning playwright Nick Payne (*Constellations*), to put things in this order. 2024, 15, 107MIN

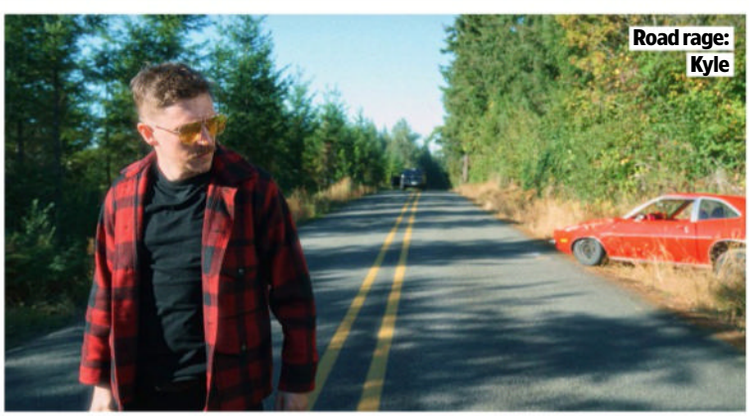
ACTION COMEDY

Deep Cover

Available now, Prime Video ★★★★

Bryce Dallas Howard and Orlando Bloom prove to be quite the comic surprises in this genuinely hilarious romp. She plays a down-on-her-luck improv teacher, while he is one of her most dedicated students – someone who goes full 'method' regardless of the role. They are joined by office drone Nick Mohammed, whose comedy credentials have already been witnessed in *Ted Lasso*. So when copper Sean Bean wants the three to improvise being criminals for a sting operation, it starts a ridiculous descent into killer gangster territory involving Paddy Considine and Ian McShane. It's a riot. 2025, 15, 99MIN

Play time: Paddy, Bryce, Nick and Orlando



Road rage: Kyle

MYSTERY THRILLER

Strange Darling

Saturday, 10.30pm, Sky Premiere ★★★★

A quite brilliantly put-together puzzlebox of a thriller, writer-director JT Mollner's calling card also benefits from having a breakout performance from Willa Fitzgerald. Told completely out of sequence, to relay any part of the plot from this blood-soaked chase movie would be a travesty – the less you know, the greater the impact. Suffice it to say that Fitzgerald plays 'The Lady' and she's being chased down in the first few minutes by 'The Demon' (Kyle Gallner). Barbara Hershey and Ed Begley Jr pop up in meaty cameos, too, in a film that will take your breath away. 2023, 18, 97MIN

Films

Gang warfare: David Harbour, Florence and Sebastian take the lead

SUPERHERO

Thunderbolts*

Available now to buy or rent from digital stores, including Prime Video and Sky Stores ★★★★

Ever since the Avengers bowed out in 2019's *Endgame*, the last six years have seen the Marvel Cinematic Universe disappear into a black hole of lacklustre sequels and spinoffs, but the scrappy antiheroes assembled in *Thunderbolts** might just be the ones that get the flailing franchise back on track. Headed by Florence Pugh's nimble assassin Yelena Belova, previously seen in 2021's *Black Widow*, the ragtag bunch of rejects and losers brought together here – which includesWyatt Russell's second-string Captain America and Sebastian Stan's Bucky Barnes (now a US congressman) – are unlikely saviours and even unlikelier allies. We first encounter the jaded Yelena as she jumps off Kuala Lumpur's Merdeka tower (a stunt Pugh performed for real), sent on a clean-up mission by Julia Louis-Dreyfus' corrupt CIA director whose megalomaniac schemes the group later have to foil. Thunderbolts* has a good blend of bruising action and snarky comedy and even viewers suffering from superhero fatigue can't fail to be impressed by Pugh's blazing charisma, which is undoubtely the film's superpower. 2025, 12, 127MIN

Hidden gems Great movies you might have missed...

COMEDY DRAMA

Carnage

StudioCanal Presents ★★★★

Good manners prove a thin veneer when two middle-class New York couples meet to patch up a scuffle between their respective sons in Roman Polanski's seering screen adaptation of Yasmina Reza's hit play. You will squirm as Kate Winslet and Christoph Waltz visit aggrieved parents Jodie Foster and John C Reilly to settle the issue. Confined to one apartment and unfolding in real time, the film is painfully claustrophobic but utterly riveting. 2011, 15, 80MIN

MYSTERY

The Pale Blue Eye

Netflix ★★★★

The fact that Edgar Allan Poe attended West Point when he was 21 is melded into a gothic mystery that could easily be from the author himself. Set in 1830, it sees veteran detective Augustus Landor (Christian Bale) summoned to the military academy to solve a gruesome crime. Soon enough, he runs into the young Poe (Harry Melling), as more eerie goings-on follow. An engrossing whodunnit for those who like their tales literary and thoughtful. 2022, 15, 128MIN

CHILLER

A Tale of Two Sisters

Shudder ★★★★

An insidious South Korean ghost story that will come back to haunt the viewer days and even weeks later. It's best not to know too much about the plot before the start – suffice it to say that it kicks off with two young girls (Im Soo-Jung and Moon Geun-Young) returning to their claustrophobic home after recuperating from some unexplained breakdown. The uneasy family reunion rapidly escalates into the stuff of nightmares. 2003, 15, 115MIN

Saturday 5 July

HORROR ACTION

Prey

9pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

It is 1719, the setting is the Northern Great Plains and Amber Midthunder is a young Comanche. When she finds a skinned snake and a huge footprint, she knows no bear did that. And when the air shimmers as she tussles with a cougar, she knows a new danger beckons. Director Dan Trachtenberg's *Predator*-series entry strips down the concept and rebuilds it in fierce, full-bodied survivalist shapes and, crucially, has tons of fun finding ways to notch up a skull count. Scared but determined, capable yet stretched, Midthunder proves a more-than-worthy adversary to the predator (Dane DiLiegro) – and the saga's most likeable lead yet. 2022, 15, 99MIN

On alert: Amber

WAR DRAMA

Warfare

Available now, Prime Video ★★★★

Sex ●●● Violence ●●● Language ●●●

PREMIERE During the Iraq War, a platoon of US Navy SEALs are trapped by insurgents inside a house in Ramadi. Based on the experiences of Ray Mendoza (who co-wrote and co-directed with Alex Garland), the film unfolds in near-real time, re-creating the men's ordeal with convincingly visceral, unflinching immediacy. It's one of the most realistic depictions of war ever put on screen, helped by incredibly authentic performances from the likes of Will Poulter, Cosmo Jarvis, Joseph Quinn and D'Pharoah Woon-A-Tai (as Mendoza). 2025, 15, 95MIN

BIOPIC

King Richard

10.20pm, BBC1 ★★★★

Sex ●●● Violence ●●● Language ●●●

'I'm in the champion-raising business!' insists charming but obsessive Richard Williams (Will Smith) as he fights LA gangs and the snobby establishment to get his tennis-prodigy daughters Venus (Saniyya Sidney) and Serena (Demi Singleton) out of 1980s Compton and onto the global tennis circuit. Infamously winning an Oscar, Smith is excellent in Reinaldo Marcus Green's uplifting, slyly funny sports biopic. He gets super support from Aunjanue Ellis as his gutsy wife, but it's the outstanding story itself that's the biggest winner. 2021, 12, 145MIN

COMEDY

Adaptation

10.55pm, Comedy Central ★★★★

Sex ●●● Violence ●●● Language ●●●

Reality and fantasy blur in this in-joke laden, wilfully eccentric comedy directed by Spike Jonze and written by Charlie Kaufman (*Being John Malkovich*, *Eternal Sunshine of the Spotless Mind*). Nicolas Cage is Kaufman (and also his blasé twin) who's struggling to adapt a book about a Florida orchid collector (Meryl Streep is its author and Oscar-winning Chris Cooper its protagonist). This ace black comedy confounds expectations at every turn, as we eventually realise the film we're watching is the film he's writing. And rewriting. And rewriting... 2002, 15, 114MIN

THRILLER

Desperation Road

2.35am, Sky Thriller ★★★★

Sex ●●● Violence ●●● Language ●●●

An ex-convict and a struggling single mum struggle to keep their heads above water in this atmospheric, blood-and-whiskey-soaked southern noir, set in small-town Mississippi. Stars Garrett Hedlund and Willa Fitzgerald simmer with intensity, while Mel Gibson (as Hedlund's estranged dad) brings unexpected warmth amid all the trauma and bloodshed. What really keeps you invested, though, is the palpable chemistry between the two leads. 2023, 18, 112MIN

■ Full listings start on p35

Sunday 6 July

MYSTERY CHILLER

The Damned

8.35am & 11.45pm, Sky 2025 Recap ★★★★

Sex ●●● Violence ●●● Language ●●●

Taking over her dead husband's fishing station on the Icelandic coast in the early 1870s, Eva (Odessa Young) must corral her small crew through a particularly brutal winter. Then a foreign ship runs into trouble off the coast, but fatefully she opts not to help it as in doing so would put her men in danger. That decision will – quite literally – come back to haunt them, as paranoia becomes as fierce a foe as the undead that Eva and her men (including Joe Cole) encounter. A foreboding atmosphere and jaw-dropping landscapes dominate director and co-writer Thordur Palsson's increasingly engrossing and masterfully creepy chiller. 2024, 15, 89MIN

A cross to bear: Odessa

ANIMATION

The Secret Life of Pets

6am, ITV1 ★★★

Sex ●●● Violence ●●● Language ●●●

Animals do the funniest things in this lively animated action comedy that is essentially *Toy Story* with domestic animals. Two rival dogs, cuddly Jack Russell Max (voiced by comedian Louis CK) and lumbering Newfoundland Duke (Eric Stonestreet), vie for the affections of owner Katie (Ellie Kemper), but have to learn to work together after they end up on the streets. What follows is basically one frenetic chase, but kids will enjoy the slapstick silliness, while pet owners may find themselves chuckling at the knowing gags. 2016, U, 88MIN

DRAMA

The Great Escaper

6.20pm, Sky Drama ★★★★

Sex ●●● Violence ●●● Language ●●●

Determined to attend the 2014 70th anniversary D-Day commemorations in France seeking long-overdue closure for wartime traumas, Michael Caine's Bernie Jordan makes an audacious breakout from his care home. A heartfelt real-life drama about the tenacity of love and loss, remembrance and reconciliation, this unfussy film is given heft by Caine's canny, subtly troubled performance, while Glenda Jackson, superb in her final role as Bernie's frail, flinty wife, Irene, embodies the couple's resilient love story. 2023, 12, 96MIN

CRIME DRAMA

The Bikeriders

9.45pm, Sky 2025 Recap ★★★★

Sex ●●● Violence ●●● Language ●●●

A brooding Tom Hardy heads a Chicago motorcycle crew living their lives on two wheels at the tailpipe of the 1960s. Austin Butler is the softly spoken loner earmarked as his successor, while Jodie Comer provides most of the narration as Butler's pillion plus-one for life. Jeff Nichols' elegiac drama about the Vandal club's rise and fall moulds a fictional story from the photos in Danny Lyon's seminal 1968 book, *The Bikeriders*, and it's a lovingly crafted tale that exudes authenticity, from the metal stallions its characters ride to the dirt-smeared denims they favour. 2023, 15, 116MIN

WESTERN

The Magnificent Seven

10.35pm, ITV1 ★★★

Sex ●●● Violence ●●● Language ●●●

Denzel Washington rides tall in the saddle in Antoine Fuqua's remake of John Sturges' classic 1960 Western, which was itself a remake, of course, of Akira Kurosawa's 1954 epic *Seven Samurai*. Feisty widow Haley Bennett's community turns to Washington and his gunslingers – Chris Pratt, Ethan Hawke and Vincent D'Onofrio among them – to defend them against sneering bad guy Peter Sarsgaard. While no classic, the movie delivers when it comes to the final showdown. 2016, 12, 133MIN

■ Full listings start on p45

Weekday movies over page

Films Weekday movies

Monday 7 July

PERIOD DRAMA

Atonement

12m't, BBC1 (11.40pm Wales) ★★★★

Sex ●○○ Violence ●○○ Language ●●●

At an English country estate on the eve of World War Two, a precocious 13-year-old girl (Saoirse Ronan) witnesses an encounter between her elder sister (Keira Knightley) and the housekeeper's son (James McAvoy) and, as a result of jealousy and spite, tells a monstrous lie that is to have catastrophic consequences for all three characters in later years. A sumptuous and superbly acted film of Ian McEwan's novel that director Joe Wright tackles in all its richness and complexity. 2007, 15, 123MIN

Lying low: Keira

DRAMA

The Independent

6.05am & 4.05pm, Sky Thriller ★★★

Sex ○○○ Violence ○○○ Language ●●○

John Cena's independent candidate threatens to upset the traditional two-party bun fight in an upcoming US presidential election, especially when dirt is uncovered by cub reporter Jodie Turner-Smith that one of his opponents may have committed fraud. Mentored by veteran Brian Cox, Turner-Smith is determined to reveal the truth at any cost in this lively, if insubstantial, drama. 2022, 12, 108MIN

DRAMA

The Convert

12.20pm & 12.05am, Sky 2025 Recap ★★★★

Sex ●○○ Violence ●●○ Language ●○○

In 1830s New Zealand, a lay preacher (Guy Pearce) intervenes in the execution of a young Maori woman (Tioreore Ngatai-Melbourne) by a local warlord, taking her in as his niece. Director Lee Tamahori's visually sumptuous film is driven by strong acting and a propulsive story, with a title that changes meaning as the film progresses, as Pearce attempts to broker peace between two tribes. 2024, 15, 119MIN

DRAMA

Flashdance

10.20am & 3.20am, Sky Drama ★★★

Sex ●○○ Violence ●○○ Language ●●○

With sensational choreography and a scorching soundtrack, this essential 1980s relic is glossily put together and revels in its contrived plot ('When you give up your dream, you die!'). Jennifer Beals shines in her once-in-a-lifetime performance as a Pittsburgh girl who's a welder by day and an erotic club dancer by night and Adrian Lyne directs in dazzling pop video style. 1983, 15, 96MIN

DISASTER MOVIE

Moonfall

9pm, Film4 ★★★

Sex ○○○ Violence ●○○ Language ●●○

Master of disaster movies, director Roland Emmerich is back – and, as the title states, the big grey sphere in the sky is heading our way. Can former astronauts Halle Berry and Patrick Wilson and conspiracy geek John Bradley carry out an intergalactic rescue mission? Bad dialogue and silly ideas aside, this apocalyptic adventure is not without its pleasures. 2022, 12, 130MIN

■ Full listings start on p55

Tuesday 8 July

THRILLER

The Killer

8pm, Sky 2025 Recap ★★★★

Sex ○○○ Violence ●●○ Language ●●○

Director John Woo, one of Hong Kong's most renowned action film-makers, remakes his 1989 film and it's a full-blown balletic gunplay tour-de-force in its own right. Nathalie Emmanuel stars as the assassin with a strict moral code, while her adversary is laconic, stand-up cop Omar Sy. In Paris, they cross paths before uniting in an almighty showdown in an abandoned church that highlights Woo's masterful touch when it comes to gloriously violent, brilliantly choreographed action. 2024, 15, 126MIN

French connection: Nathalie

SCI-FI

Omni Loop

8.25am & 1.45am, Sky 2025 Recap ★★★★

Sex ○○○ Violence ○○○ Language ●●○

About to die of a black hole in her chest on the eve of her 55th birthday, Mary-Louise Parker has a get-out – she has pills that can send her back in time seven days. With the aid of curious Ayo Edebiri, Parker is determined to crack the code of the pills and give herself longer... A sublime, wonderfully realised tale about missed opportunities, this is charming, superbly acted and deeply heartfelt. 2024, 15, 112MIN

THRILLER

Q & A

10.55pm, Legend ★★★★

Sex ●○○ Violence ●●○ Language ●●○

As a slobbish, foul-mouthed detective, a brilliant Nick Nolte doesn't so much bend the rules as smash them to pieces. Killing a suspect outside a nightclub, he claims it was self-defence, but Timothy Hutton, as the attorney assigned to the Question and Answer (Q & A) investigation, discovers the shooting is only one element in a major cover-up. This snappy, gritty thriller is an edge-of-seat ride that takes no hostages. 1990, 18, 132MIN

COMEDY

You, Me and Dupree

4.25pm, Sky Cinema Comedy ★★★

Sex ●○○ Violence ○○○ Language ●○○

Owen Wilson plays a slacker who, after serving as best man at the wedding of his pal Matt Dillon and Kate Hudson, plants himself on the suburban newlyweds' sofa – and stays put. Meanwhile, Dillon is further undermined by his boss (Michael Douglas), who also happens to be his father-in-law. The charming Wilson keeps the gags flowing, while Hudson and Dillon make likeable foils. 2006, 12, 109MIN

CLASSIC HORROR

The Wicker Man

11.50pm, BBC2 (not Wales) ★★★★★

Sex ●●○ Violence ●○○ Language ○○○

Policeman Edward Woodward arrives on a remote Scottish isle in search of a missing girl and finds his Christian principles under threat from its pagan community. Christopher Lee is the local lord and Britt Ekland a barmaid. Deviously plotted and with an impressive folk music score, this is an all-time great chiller with an ending to die for. 1973, 15, 99MIN

■ Full listings start on p65

Wednesday

ACTION COMEDY

Old Guy

4.35pm, Sky 2025 Recap ★★★

Sex ○○○ Violence ●●○ Language ●●○

Elevated by a fine cast but weighed down by a tired, lazy script, this is a fitfully entertaining action comedy. Christoph Waltz stars as a contract killer who's long in the tooth and about to be put out to pasture, when he's

Quiet times: Christoph

DRAMA

The Perfect Storm

5.40pm, Sky Thriller ★★★★

Sex ○○○ Violence ●○○ Language ●○○

The waves are high as houses, the winds roar, the rain pours and stuck in the tempestuous middle of it all is fisherman George Clooney's boat. Based on a true story, the teacup-sized plot is swamped by the stormy special effects. But Clooney and Mark Wahlberg, as his key crewman, make you care about their characters, while director Wolfgang Petersen paints their heroic struggle on a truly awesome scale. 2000, 12, 129MIN

ACTION

Plane

9pm, Film4 ★★★

Sex ○○○ Violence ●●○ Language ●●●

Landing a plane full of passengers during a nerve-shredding electrical storm is peanuts for action star Gerard Butler. But that's merely the warm-up act for this wham-bam slice of B-movie silliness, glitzed-up with a blockbuster sheen. Bone-crunching and brain-draining, it's a raucous and reckless good time where you'll learn nothing and be thankful. Rarely are we treated to such pure dumb fun – so enjoy! 2022, 15, 107MIN

9 July

assigned young Cooper Hoffman to train up. Lucy Liu pops up as Waltz's chum but has too little to do as chalk 'n' cheese buddy movie clichés ensue. The action sequences are well delivered by director Simon West and setting the movie in London and later Belfast makes a nice change, but this could have been so much better. 2024, 15, 94MIN

CLASSIC HORROR

Don't Look Now

12m't, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Donald Sutherland and Julie Christie are at their best as a married couple who go to Venice following a family tragedy. But all kinds of strange things occur, with Sutherland plagued by visions as well as glimpses of a child in a red coat – and then there are two odd sisters (Hilary Mason and Clelia Matania), one of whom is psychic... Nicolas Roeg's iconic chiller constantly surprises, right through to the famous shocking twist. 1973, 15, 106MIN

DRAMA

Farming

1.50am, C4 ★★★

Sex ●●● Violence ●●● Language ●●●

In 1960s London, a Nigerian boy is raised by a white family (the 'farming' of the title), but as a teen (Damson Idris) he falls in with a skinhead gang. The film's low budget is all too apparent, but the story (based on writer-director Adewale Akinnuoye-Agbaje's own youth) is fascinating, Idris (star of *F1*) is compelling and Kate Beckinsale plays pleasingly against type as his adoptive mum. 2018, 18, 102MIN

■ Full listings start on **p75**

Thursday 10 July

BLACK COMEDY

A Different Man

4pm, Sky 2025 Recap ★★★★

Sex ●●● Violence ●●● Language ●●●

Sebastian Stan plays a nervous mouse of a man with a facial deformity who, through a revolutionary therapy, is transformed into the handsome 'Guy'. But he's still the sad sack he always was. So when he meets Oswald (Adam Pearson), a genial, confident man with the same condition (neurofibromatosis) he had, Guy's increasingly bitter. Writer-director Aaron Schimberg's sharp, cringe-filled comedy raises too many questions, but Stan and Pearson make a brilliantly awkward odd couple. 2024, 15, 112MIN

Looking up: Adam and Sebastian

WESTERN

Wild Bill

9pm, GREAT! action ★★★

Sex ●●● Violence ●●● Language ●●●

Director Walter Hill's energetic Western about Wild Bill Hickok is a bit too clever for its own good, but Hickok is brought to life with force and conviction by Jeff Bridges. The flashback-driven story also takes in Ellen Barkin as Calamity Jane, John Hurt as Bill's dissolute English buddy, Charley Prince ('Like myself, he was addicted to whiskey, cards and the wastrel's life') and Bruce Dern, who goes out with a bang in one of the funniest scenes. 1995, 15, 93MIN

ROMCOM

Chalet Girl

9.50pm, Sky Cinema Comedy ★★★

Sex ●●● Violence ●●● Language ●●●

Ex-skateboarding champion Felicity Jones lands a job at a swanky Austrian ski resort, but isn't posh, can't ski and is out of her element with her rich boss Bill Nighy, his snooty wife Brooke Shields and their family. But then she finds her feet snowboarding and gets close to Nighy's son (Ed Westwick). There are plenty of chuckles and cheery Jones ensures that this frothy comedy stays on track. 2011, 12, 97MIN

ROMCOM

Marry Me

10.50pm, BBC1 (11.20pm NI, Scotland, Wales) ★★★

Sex ●●● Violence ●●● Language ●●●

Jennifer Lopez's pop princess is about to marry a fellow singer (Maluma) in front of a big crowd, when it's revealed he's been cheating on her. So she plucks a random man (maths teacher Owen Wilson) to wed instead. Wait! What?! Logic is not this film's strong suit, but that's not its goal. It's comfort food, with Lopez and Wilson charming and the enterprise bolstered by a raft of decent tunes and neat finale. 2022, 12, 112MIN

FANTASY

The Shape of Water

1.05am, Film4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Sally Hawkins' mute cleaner falls in love with a strange fish-man (Doug Jones) and plots to free him from a top-secret laboratory in this utterly enchanting movie. Setting the tale in the early 1960s, director Guillermo del Toro throws in creature-feature magic, fairy-tale wonder and Cold War paranoia, but it is Hawkins' empathy that holds it all together. 2017, 15, 123MIN

■ Full listings start on **p85**

Friday 11 July

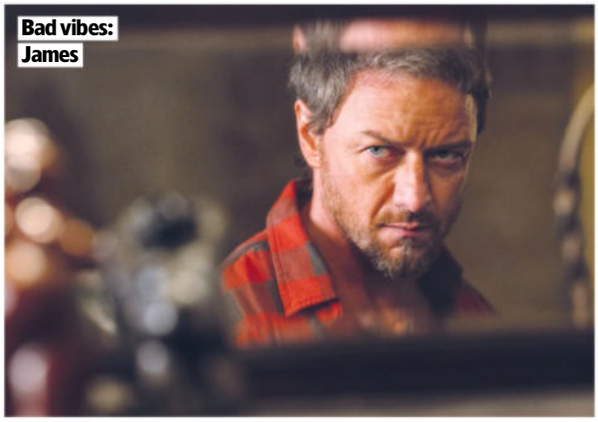
THRILLER

Speak No Evil

3.35pm, Sky 2025 Recap ★★★★

Sex ●●● Violence ●●● Language ●●●

While on holiday in Tuscany, Italy, American couple Scoot McNairy and Mackenzie Davis are befriended by seemingly nice Brits James McAvoy and Aisling Franciosi and invited to their farmhouse in Devon. When they arrive, though, something's ever-so-slightly off, until McAvoy's toxicity bubbles to the surface and horror erupts… All the actors are superb in director James Watkins' remake of the 2022 Danish-Dutch original, and the result is shrewd, engrossing and pleasingly nasty. 2024, 15, 110MIN



Bad vibes: James

CLASSIC MUSICAL

The Wizard of Oz

11.35am & 10.50pm, Sky Epic Worlds ★★★★★

Sex ●●● Violence ●●● Language ●●●

Dorothy (Judy Garland) and her little dog Toto follow the Yellow Brick Road with their new friends Scarecrow (Ray Bolger), Tin Man (Jack Haley) and Cowardly Lion (Bert Lahr) in this lavish musical adaptation of L Frank Baum's classic fantasy novel. Still wonderful at nearly 90, it is hard to believe that this vintage slice of Hollywood magic was originally intended as a vehicle for Shirley Temple. 1939, U, 98MIN

THRILLER

American Star

3.40pm & 12.40am, Sky Thriller ★★★★

Sex ●●● Violence ●●● Language ●●●

An ageing hitman (Ian McShane) lands in the Canary Islands for one last job that starts to feel more like a retirement holiday. But trouble arrives in the form of Adam Nagaitis' younger assassin, and the nature of Wilson's brief is belatedly revealed. Until the inevitable violence, this is a beguilingly languid piece, distinguishing itself via the twin landscapes of McShane's rugged features and the scenery. 2023, 15, 106MIN

CLASSIC HORROR

The Shining

11pm, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Stanley Kubrick's chilling classic, based on Stephen King's novel, is set in a snowbound Colorado hotel closed for the season, where aspiring author Jack Nicholson gets the job of caretaker. He hopes the quiet will be conducive to his writing, but soon he's talking to ghosts, wife Shelley Duvall is terrified of his erratic behaviour and their psychic son Danny Lloyd is having scary visions. Simply a masterpiece. 1980, 15, 144MIN

CRIME COMEDY

LaRoy, Texas

11.55pm, Sky Cinema Comedy ★★★★

Sex ●●● Violence ●●● Language ●●●

With more than a whiff of the Coen brothers about it, this snappy, funny and thoroughly engaging desert noir stars John Magaro (on fine form) as a hangdog everyman who becomes the epicentre to increasingly wild events involving a determined hitman (Dylan Baker), a farcical PI (Steve Zahn) – and a ton of cash. 2023, 15, 112MIN

■ Full listings start on **p95**

Sport week

Tour de France

Can **Tadej Pogacar** defend his yellow jersey in the gruelling Grand Tour?

LIVE CYCLING

From Sat, ITV1, ITV4, S4C, TNT Sports 1 & Discovery+

Twenty-three teams featuring 184 riders will line-up in the city of Lille on Saturday as the Grand Départ sets in motion the 112th edition of the Tour de France.

There's sure to be some epic duels and thrilling sprint finishes over 3,320km of racing – including seven mountain stages and two time trials – before the winner is crowned in Paris on Sunday 27 July.

This year, TNT Sports broadcasts the event live for the first time, while there is live free-to-air coverage on ITV4, which is showing the race for the 25th successive and final time after losing the rights to the Tour from next year.

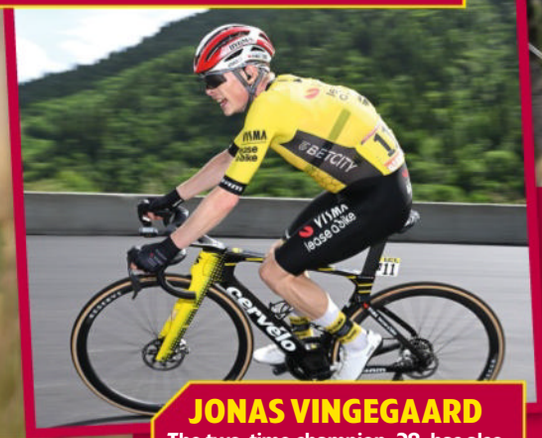
WORDS: RICHARD MCCLURE. PHOTOS: ALAMY, GETTY

THE MAIN EVENT

TADEJ POGACAR

Currently top of the world rankings, the 26-year-old reigning champion from Slovenia is favourite to win a fourth yellow jersey and comes into the event after winning the recent Critérium du Dauphiné.

THE CONTENDERS...

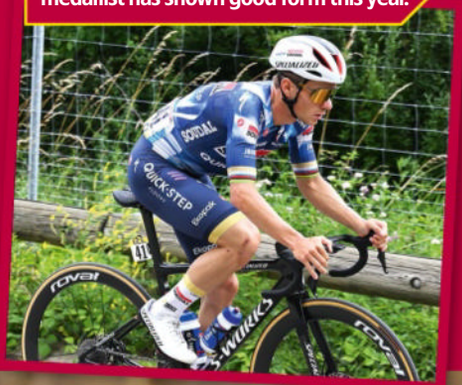


JONAS VINGEGAARD

The two-time champion, 28, has also finished behind Pogacar on two other occasions. The Dane crashed out of the Paris-Nice event in March, but his runner-up finish at the Dauphiné suggests he is back in top form.

REMCO EVENEPOEL

The 25-year-old will be aiming to become the first Belgian rider to win the Tour de France since Lucien Van Impe in 1976. It's only his second Tour, but the double Olympic road-race and time-trial gold medallist has shown good form this year.



THE ROUTE

Setting off from Lille on Saturday and featuring 21 stages, this year's Tour is the first in five years to be raced entirely in France. Here's our guide to the route highlights...

STAGE 1: LILLE

The opening stage starts and finishes in the centre of Lille and covers 185km, with the sprinters expected to fight it out for the first victory.

STAGE 5: CAEN

The first of two time trials takes place over a flat and fast 33km loop around the city in Normandy, which celebrates its millennium this year.

STAGE 10: ENNEZAT – LE MONT-DORE PUY DE SANCY

On 14 July, Bastille Day sees the peloton heading deep into the mountains of the Massif Central.

STAGE 14: PAU – SUPERBAGNÈRES

The third mountain finish in the Pyrenees covers 183km and 4,950m of climbing, ending at the Luchon-Superbagnères ski station, last used in the race in 1989.

STAGE 18: VIF – COURCHEVEL COL DE LA LOZE

There is no stage on the hairpin bends of L'Alpe

Your ultimate guide to the best of the week's live action

SIMON YATES

The 32-year-old became only the third Brit to win the Giro d'Italia last month. Although he's primarily riding to support Jonas Vingegaard in France, he could hope to repeat his brother Adam's 2023 Tour when he claimed a podium spot as a domestique.

GERAINT THOMAS

The 39-year-old veteran from Wales is set to ride his final Tour de France before retiring at the end of 2025. Can he become the oldest podium finisher at the Tour in more than a decade?

d'Huez this year, but the 171km race to the summit of the Col de la Loze is arguably even harder.

STAGE 21: MANTES-LA-VILLE – PARIS

The 2024 Paris Olympics meant the final stage last year was switched to Nice. This year we are back in the French capital as the race returns to the famous Champs-Élysées for the traditional sprint finish.

Haas driver Oliver Bearman

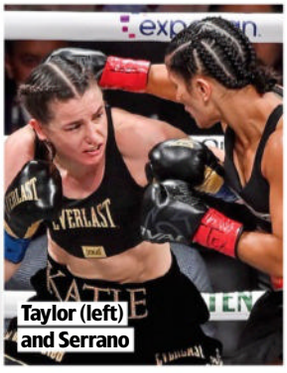
Sir Lewis Hamilton lifted the trophy in 2024

LIVE MOTORSPORT

F1: British Grand Prix

Sunday, race starts 3pm, C4, Sky Showcase, Sky Sports F1 & Sky Sports Main Event

Sir Lewis Hamilton sparked a mass celebration at Silverstone last year when he won his ninth British Grand Prix. The 40-year-old is back this week, racing for the first time in the UK in the iconic scarlet colours of Ferrari where he's had an inconsistent maiden year, failing to finish on the podium in the opening 10 races. Can a rear-suspension upgrade boost his chances of victory? He'll be taking on fellow Brits Lando Norris, George Russell and 20-year-old Oliver Bearman, who'll be making his first appearance in his home race.



Taylor (left) and Serrano

LIVE BOXING

Katie Taylor vs Amanda Serrano

Friday 11 July, Netflix

Ireland's 2012 Olympic gold medallist and super-lightweight champion Katie Taylor puts her undisputed title on the line when she faces Puerto Rico's Amanda Serrano for a third time, having won their previous two closely fought bouts, most recently by a points decision in November. The pair headline the first all-women's card at New York's Madison Square Garden that includes undisputed super-featherweight champion Alycia Baumgardner of the USA against Spain's Jennifer Miranda.

Alex Greenwood of England

LIVE FOOTBALL

Women's Euro 2025

From Saturday, BBC1, BBC2, ITV1, S4C & BBC iPlayer

Wales will be hoping midfielder Sophie Ingle has fully recovered from her long-term injury when the Dragons play their first game in a major tournament against Netherlands in Lucerne on Saturday (k-o 5pm, BBC1 & S4C). Group D rivals and reigning champions England begin against France later that day in Zurich (k-o 8pm, ITV1), having twice faced Les Bleues in the qualifiers. On Wednesday, the Lionesses take on coach Sarina Wiegman's former side Netherlands in Zurich (k-o 5pm, BBC1) in a match that could see Alex Greenwood earn her 100th international cap, ahead of Wales v France in St Gallen (k-o 8pm, ITV1 & S4C).

● Turn to p33 for all this week's fixtures.

Wales legend Sophie Ingle

Defending champ Alfie Hewett

LIVE TENNIS

Wimbledon

From Saturday, BBC1, BBC2 & BBC iPlayer

In 2024, Emma Raducanu was the only Brit to make it to the fourth round of singles matches at the All England Club. Can our home players do better this year? The wheelchair singles action begins on Tuesday as Britain's Alfie Hewett defends his title following his 2024 victory over Spain's Martín de la Puente, a win that saw him complete a career grand slam.

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Sport week A-Z GUIDE

Rugby union
George Ford leads England in their Test match against Argentina in La Plata

AUSTRALIAN RULES

LIVE Geelong Cats v Richmond Tigers
Sat 7am TNT Sports 1

LIVE Brisbane Lions v Port Adelaide Power
Sat 10.30am TNT Sports 2

LIVE Sydney Swans v Fremantle Dockers
Sat 4am TNT Sports 1

LIVE Adelaide Crows v Melbourne Demons
Sun 6am TNT Sports 2

LIVE Carlton Blues v Brisbane Lions
Thu 10.15am TNT Sports 3

LIVE Gold Coast Suns v Collingwood Magpies
Fri 10.30am TNT Sports 4

LIVE Western Bulldogs v Adelaide Crows
Fri 4am TNT Sports 2

BASEBALL

LIVE New York Mets v New York Yankees
Sat 9pm TNT Sports 1
The MLB inter-league match.

LIVE Los Angeles Dodgers v Houston Astros
Sat 12m't TNT Sports 2

LIVE New York Mets v New York Yankees
Sun 6.30pm TNT Sports 1

LIVE Los Angeles Dodgers v Houston Astros
Sun 9pm TNT Sports 4 & 9.45pm TNT Sports 1

LIVE San Diego Padres v Texas Rangers
Sun 2am TNT Sports 1

LIVE Detroit Tigers v Tampa Bay Rays
Mon 11.30pm TNT Sports 1
The MLB American League game.

LIVE Milwaukee Brewers v Los Angeles Dodgers
Tue 12.30am TNT Sports 1

LIVE San Francisco Giants v Philadelphia Phillies
Wed 8.30pm TNT Sports 1

LIVE Baltimore Orioles v New York Mets
Wed 12m't TNT Sports 1

LIVE Minnesota Twins v Chicago Cubs
Thu 6pm TNT Sports 1

LIVE San Diego Padres v Philadelphia Phillies
Fri 2.30am TNT Sports 1

BASKETBALL

LIVE New York Liberty v Seattle Storm
Sun 6pm TNT Sports 3
WNBA game at Barclays Center.

BOXING

LIVE Katie Taylor v Amanda Serrano
Fri 1am Netflix
The super-lightweight title bout at Madison Square Garden. See p29.

COMBAT SPORTS

LIVE One Fight Night 33
Fri 2am Sky Sports+

CRICKET

LIVE Sri Lanka v Bangladesh
Sat 9.45am TNT Sports 3
The second ODI from R Premadasa International Stadium in Colombo.

LIVE England v India
Sat & Sun 10.15am Sky Sports Cricket; Sat 4pm & Sun 10.15am Sky Sports Main Event
Days four and five of the second Test from Edgbaston, Birmingham.

LIVE West Indies v Australia
Sat-Mon 2.45pm TNT Sports 2
The third to fifth days of the second Test.

LIVE Sussex Sharks v Hampshire Hawks
Sat 6.55pm Sky Sports Main Event, Sky Sports Cricket & Sky Sports+
The T20 Blast South Group match in Hove.

LIVE Sri Lanka v Bangladesh
Tue 9.45am TNT Sports 3
The third and final ODI from Colombo.

LIVE Somerset v Essex Eagles
Tue 2.25pm Sky Sports Cricket & 2.30pm Sky Sports Main Event
Women's T20 Blast group match.

LIVE Somerset v Essex Eagles
Tue 6.25pm Sky Sports Cricket & 6.30pm Sky Sports Main Event
Men's T20 Blast South Group game.

LIVE England v India
Wed 6pm Sky Sports Main Event & Sky Sports Cricket
Fourth women's T20 in Manchester.

LIVE Sussex Sharks v Kent Spitfires
Wed 6.55pm Sky Sports+
Men's T20 Blast South Group game.

LIVE England v India
Thu 10am & Fri 10.15am Sky Sports Main Event & Sky Sports Cricket
Days one and two of the Third Test in the five-match series from Lord's.

LIVE Sri Lanka v Bangladesh
Thu 2.45pm TNT Sports 2
The first T20 from Kandy.

LIVE Derbyshire Falcons v Worcestershire Rapids
Thu 6.55pm Sky Sports Main Event, Sky Sports Cricket & Sky Sports+
Men's T20 Blast North Group game.

LIVE Lancashire Lightning v Yorkshire Vikings
Fri 6.45pm Sky Sports+ & 7pm Sky Sports Cricket
Men's T20 Blast North Group game.

CYCLING

LIVE Tour de France
Sat 11.45am ITV1; Sat 11.45am, Sun 11am, Mon & Tue 2.30pm, Wed & Fri 2pm, Thu 11.30am ITV4; Sat, Mon, Tue & Wed 12noon, Sun & Fri 11am, Thu 11.15am TNT Sports 1; Sat-Fri 2pm S4C
Stages one to seven. See p28.

LIVE BMX Urban Sessions
Sun 11.15am TNT Sports 4

LIVE UCI Mountain Bike World Series
Sun 11.30am TNT Sports 3

LIVE Women's Giro d'Italia
Sun-Thu 11.45am TNT Sports 2; Fri 11.45am TNT Sports 3
Stages one to six from Italy.

LIVE UCI Mountain Bike World Series
Fri 4.30pm TNT Sports 1

DARTS

LIVE World Series of Poland Masters
Sat 6pm ITV4

EQUESTRIAN

LIVE Longines Global Champions Tour
Sat 7pm TNT Sports 3

GAELIC GAMES

LIVE Cork v Dublin
Sat 4.40pm BBC2 (N Ireland only)

LIVE Kilkenny v Tipperary
Sun 3.40pm BBC2 (N Ireland only)

GOLF

LIVE BMW International Open
Sat & Sun 11.30am Sky Sports Golf
Days three and four from Germany.

LIVE Women's Irish Open
Sat & Sun 2pm Sky Sports+ & 4.30pm Sky Sports Golf
Days three and four from the O'Meara course at Carton House.

LIVE John Deere Classic
Sat & Sun 5pm Sky Sports Golf; Sun 6.30pm Sky Sports Main Event
The third and fourth days in Silvis.

LIVE Genesis Scottish Open
Thu & Fri 8.30am Sky Sports Main Event & Sky Sports Golf
Days one and two of the Rolex Series event at Renaissance Club.

LIVE Evian Championship
Thu & Fri 11am Sky Sports+ & Sky Sports Mix
Days one and two in Evian-les-Bains.

LIVE ISCO Championship
Thu & Fri 9.30pm Sky Sports Golf & 10.15pm Sky Sports Main Event
The first and second days in Louisville.

HORSE RACING

LIVE Sandown
Sat 1.30pm ITV1

LIVE Newmarket
Thu & Fri 1.30pm ITV1

MINORITY SPORTS

LIVE IFSC Climbing World Cup
Sun 11am TNT Sports 4

MOTORCYCLING

LIVE British Superbikes
Sat & Sun 1pm TNT Sports 4

LIVE FIM Speedway Grand Prix
Sat 5.30pm TNT Sports 1

LIVE Oxford Spires v Ipswich Witches
Mon 7.30pm TNT Sports 1
The British Speedway race.

LIVE Vargarna v Dackarna
Tue 5.55pm Premier Sports 1

LIVE Swedish Speedway
Wed 5.55pm Premier Sports 2

LIVE MotoGP
Fri 8am TNT Sports 2
The Grand Prix of Germany first free practice sessions in Chemnitz.

LIVE Superbike World Championship
Fri 10.15am & 3pm TNT Sports 3

LIVE MotoGP
Fri 12.15pm TNT Sports 2
The Grand Prix of Germany first practice sessions at Sachsenring.

MOTORSPORT

LIVE Formula 3
Sat 9.10am Sky Sports F1
The British Grand Prix sprint race.

LIVE Formula 1
Sat 11.15am Sky Sports F1 & Sky Showcase, 11.25am C4
The British Grand Prix third practice.

LIVE Formula 2
Sat 1.10pm Sky Sports F1
The British Grand Prix sprint race.

LIVE Formula 1
Sat 2pm C4, 2.15pm Sky Sports Main Event, Sky Sports F1 & Sky Showcase
British Grand Prix qualifying session.

LIVE Indycar
Sat 3.30pm, Sun 3.30pm & 6pm Sky Sports Mix, Sat 6.45pm Sky Sports F1

LIVE British F4
Sat 4.55pm & Sun 8.15am Sky Sports F1; Sat 4.55pm Sky Sports Mix

LIVE Formula 3
Sun 9.25am Sky Sports F1
The British Grand Prix feature race.

LIVE European Rally Championship
Sun 10am & 4pm TNT Sports 3

LIVE Formula 2
Sun 11am Sky Sports F1
The British Grand Prix feature race.

LIVE Formula 1
Sun 1.30pm Sky Sports Main Event, Sky Sports F1 & Sky Showcase, 2.30pm C4
The British Grand Prix, round 12 of the season at Silverstone. See p29.

LIVE Indy NXT
Sun 4.30pm Sky Sports Mix

LIVE NASCAR
Sun 6.30pm Premier Sports 1

LIVE V8 Supercars Championship
Fri 6.30am TNT Sports 3

LIVE Women's Circuit Racing World Championship
Fri 2pm TNT Sports 3

LIVE FIA Formula E
Fri 3pm TNT Sports 4

LIVE Indycar
Fri 8.30pm Sky Sports F1

NETBALL

LIVE Super League Grand Final
Sun 5pm Sky Sports+

POOL

LIVE Ultimate Pool
Mon 6pm TNT Sports 3

RUGBY LEAGUE

LIVE Canberra Raiders v St George Illawarra Dragons
Sat 6.15am Sky Sports Mix

LIVE North Queensland Cowboys v Gold Coast Titans
Sat 8.15am Sky Sports Mix

LIVE Canberra Raiders v St George Illawarra Dragons
Sat 8.30am Sky Sports+

LIVE North Queensland Cowboys v Melbourne Storm
Sat 10.35am Sky Sports+

LIVE Sydney Roosters v New Zealand Warriors
Sat 2.50am Sky Sports Mix

LIVE Manly-Warringah Sea Eagles v South Sydney Rabbitohs
Sun 7.05am Sky Sports Main Event & Sky Sports Action

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Football planner

LIVE Hull Kingston Rovers v Leeds Rhinos
Sun 2.30pm Sky Sports Action (kick-off 3pm) The Super League match staged at Craven Park.

LIVE New South Wales v Queensland
Wed 10am Sky Sports+

LIVE Wests Tigers v Bulldogs
Thu 10.45am Sky Sports Action

LIVE Hull FC v Wakefield Trinity
Thu 7.30pm Sky Sports Action (kick-off 8pm) The Super League match staged at MKM Stadium.

LIVE Cronulla-Sutherland Sharks v Dolphins
Fri 11am Sky Sports Action

LIVE Leeds Rhinos v St Helens
Fri 5pm Sky Sports Action & Sky Sports Mix (kick-off 5.30pm) The Women's Super League match from AMT Headingley Stadium.

LIVE Leeds Rhinos v St Helens
Fri 7.30pm Sky Sports Main Event & Sky Sports Action (kick-off 8pm) The Super League match staged at AMT Headingley Stadium.

LIVE Canberra Raiders v Cronulla-Sutherland Sharks
Fri 3.45am Sky Sports Mix

RUGBY UNION

LIVE New Zealand v France
Sat 7.55am Sky Sports Action & 8am Sky Sports Main Event (kick-off 8.05am) The first Test at Forsyth Barr Stadium in Dunedin.

LIVE NSW Waratahs v British & Irish Lions
Sat 10am Sky Sports Main Event & Sky Sports Action (kick-off11am) The warm-up match from Allianz Stadium in Sydney.

LIVE South Africa v Italy
Sat 3.50pm Sky Sports Action (kick-off 4.10pm) The first Test at Loftus Versfeld Stadium in Pretoria.

LIVE Argentina v England
Sat 8.30pm Sky Sports Main Event & Sky Sports Action (kick-off 8.40pm) The first Test at Estadio Jorge Luis Hirschi in La Plata.

LIVE Australia v Fiji
Sat 4.30am Sky Sports Main Event & Sky Sports Action (kick-off 4.30am) The one-off Test.

LIVE Brumbies v British & Irish Lions
Wed 10am Sky Sports Main Event & Sky Sports Action (kick-off11am) The warm-up match from GIO Stadium in Canberra.

TENNIS

LIVE Wimbledon
Sat & Sun 11am BBC2; Sat 12.20pm & 7.15pm, Sun 12.25pm & 4.30pm BBC1
Days six and seven of the Grand Slam at the All England Club. See p29.

LIVE Wimbledon
Mon 11am, Tue 12.30pm & 7pm BBC2, Mon 2pm & 7pm, Tue 2pm BBC1
Days eight and nine of the Grand Slam from the All England Club.

LIVE Wimbledon
Wed 12.15pm & 2pm, Thu 2pm BBC1; Wed 1pm & Thu 12.30pm BBC2
Days 10 and 11 of the Grand Slam.

LIVE Wimbledon
Fri 12.30pm BBC2 & 2pm BBC1
The 12th day of the Grand Slam staged at the All England Club.

LIVE CONCACAF GOLD CUP

Final

Sunday, kick-off 12m't, Premier Sports 1

Houston, Texas, hosts the final of this year's tournament as host nation USA, coached by Mauricio Pochettino, will be aiming to make the showpiece for a 13th time. Nine-time winners Mexico are the current holders, having defeated Panama 1-0 in the 2023 final.

LIVE WOMEN'S EURO 2025

Spain v Belgium

Monday, kick-off 5pm, ITV1

The world champions will be confident of victory against Belgium, having defeated their opponents twice in the Nations League this year, with Barcelona's Clàudia Pina among the goalscorers. La Roja conclude their Group B fixtures against Italy on Friday (kick-off 8pm, BBC1).

LIVE WOMEN'S EURO 2025

Germany v Denmark

Tuesday, kick-off 5pm, BBC2

The eight-time champions continue their campaign as they play neighbours Denmark in a Group C clash in Basel. Coach Christian Wück's side warmed up for the tournament by scoring 26 goals in just six matches, with forwards Selina Cerci and Lea Schüller leading the charge.

Saturday 5

LIVE Wales v Netherlands
4.15pm BBC1 & 4.30pm S4C (kick-off 5pm)
The Women's Euro 2025 Group D match at Allmend Stadion Luzern in Switzerland. Wales are playing in their first major tournament, having defeated Republic of Ireland 3-2 on aggregate to secure their place here. They then struggled in the Nations League this year, failing to win a match in a group containing Italy, Sweden and Denmark. The Dutch won this tournament when hosts in 2017 and were quarter-finalists three years ago. They finished second behind Germany in their Nations League group and will expect to be contenders once again. See p29.

LIVE Club World Cup
5pm DAZN (kick-off 5pm)
The third quarter-final staged at Mercedes-Benz Stadium in Atlanta.

LIVE France v England
7pm ITV1 (kick-off 8pm)
Both teams' opening Women's Euro 2025 Group D match from Stadion Letzigrund in Zurich, Switzerland. England are the holders of this competition, having beaten Germany in the final when hosts three years ago and have since finished as runners-up to Spain in the 2023 World Cup. They will expect to be contenders once again, but cannot take anything for granted against the French, who have reached at least the quarter-finals of every World Cup and European Championship since 2009 and will feel a major international honour is long overdue. The sides last met in this competition in the last eight of the 2017 tournament when a goal by Jodie Taylor gave the Lionesses a 1-0 win, and another closely fought encounter is expected. See p29.

LIVE Club World Cup
8pm 5 & 9pm DAZN (kick-off 9pm)
The fourth quarter-final at MetLife Stadium in East Rutherford.

Sunday 6

LIVE Norway v Finland
4.30pm BBC2 (not N Ireland) (kick-off 5pm)
Both teams' second match in Group A of Women's Euro 2025 at Stade de Tourbillon. These teams met in qualifying, when Norway claimed a 4-0 win in April 2024, but the teams shared the spoils in a 1-1 draw three months later.

LIVE Switzerland v Iceland
7.10pm ITV1 (kick-off 8pm)
Both teams' second Women's Euro 2025 Group A match staged at Stadion Wankdorf in Bern. The sides were also in the same group in this year's Nations League and the teams could not be separated in their two meetings, drawing 0-0 in Zurich before playing out a 3-3 thriller in Reykjavik, with Iceland forward Karólína Lea Vilhjálmsdóttir scoring a hat-trick to help her nation fight back from 3-1 down.

LIVE CONCACAF Gold Cup
12m't Premier Sports 2
The final from NRG Stadium.

Monday 7

LIVE Spain v Belgium
4.15pm ITV1 (kick-off 5pm)
Both teams' second Women's Euro 2025 match in Group B staged at Arena Thun in Switzerland. Spain were the pre-tournament favourites to win Euro 2025, but will be taking nothing for granted.

LIVE Portugal v Italy
7.15pm ITV1 (kick-off 8pm)
The second Women's Euro 2025 match in Group B for both teams staged at Stade de Genève in Switzerland. Portugal's preparations for this tournament have been far from ideal, as they went into their opener with Spain without a win in five matches, with a goalless draw in a friendly with Nigeria ending a run of four straight defeats, but they will be hopeful of raising their game in this tournament. The Italians on the other hand went into the competition on the back of an good Nations League campaign that saw them finish second in their group below Sweden and ahead of Denmark and Wales. They will see victory in this match as vital to their chances of progressing, with a clash with group favourites Spain to follow.

Tuesday 8

LIVE Germany v Denmark
4.30pm BBC2 (kick-off 5pm)
Both teams' second Women's Euro 2025 Group C match held at St Jakob-Park. Denmark have a slight lead in the head-to-head meetings between the nations, winning five, drawing one and losing four of the 10 contests. However, Germany were runners-up to the hosts when the tournament was last held three years ago in England and went into the tournament in a rich vein of form. The Danes had a mixed Nations League campaign, and will need to improve if they are to progress as far as in 2017, when they were runners-up to the Netherlands.

LIVE The New Saints v KF Shkendija
6.45pm S4C (kick-off 7pm)
The Champions League first qualifying round first-leg fixture staged at Park Hall. The reverse meeting takes place next Tuesday, and the hosts will be looking to take an advantage into that match against the North Macedonian champions, with a tie against either FCSB or Inter Club d'Escaldes awaiting in the next round.

LIVE Poland v Sweden
7.45pm BBC1 (kick-off 8pm)
The second Women's Euro 2025 Group C match for both teams staged at Allmend Stadion Luzern in Switzerland. Sweden had won all four of the previous meetings between the sides and, no matter what the outcome of their opener with Norway was, they will fancy their chances this evening having topped their Nations League group, reached the semi-finals when the tournament was last held in 2022 and finished third in the World Cup a year later. However, the Poles will be eager to show how much they have improved in recent years and make a big impression in their first major tournament.

LIVE Club World Cup
8pm DAZN (kick-off 8pm)
The opening semi-final staged at MetLife Stadium in East Rutherford, New Jersey.

Wednesday 9

LIVE England v Netherlands
4.15pm BBC1 (kick-off 5pm)
Both teams' second match in Group D of Women's Euro 2025 staged at Stadion Letzigrund in Zurich, Switzerland. These sides are the last two to lift the trophy and the common denominator in those two triumphs was Sarina Wiegman, who coached both nations to victory and remains in charge of the Lionesses. The teams have not met since the Netherlands beat England 3-0 in the semi-finals en route to lifting the trophy eight years ago, and a more competitive fixture is anticipated this time around, with both teams harbouring high hopes of another strong showing.

LIVE France v Wales
7pm ITV1 & 7.30pm S4C (kick-off 8pm)
The second Women's Euro 2025 Group D match for both teams at Arena St Gallen. This is Wales' first European Championship finals and they could barely have been given a tougher test, with England and Netherlands also in what looks the most difficult group on paper. The only previous matches between the sides came in qualifying for the 2023 World Cup, and saw France win 2-0 at home and 2-1 away. They will be favourites to prevail once again, but Rhian Wilkinson's team will be expected to make things difficult for them as they chase a potentially famous victory.

LIVE Club World Cup
7pm 5 & 8pm DAZN (kick-off 8pm)
The second semi-final staged at MetLife Stadium in East Rutherford.

LIVE Shelbourne v Linfield
7.40pm Premier Sports 1 (kick-off 7.45pm)
The Champions League first qualifying round first-leg fixture staged at Tolka Park, Dublin.

Thursday 10

LIVE Finland v Switzerland
7.30pm BBC1 (kick-off 8pm)
Both teams' third and final Women's Euro 2025 Group A match held at Stade de Genève in Switzerland, as the teams battle it out for a place in the quarter-finals. With Norway and Iceland involved in the other match in the group this evening, this looked to be one of the hardest groups on paper to predict, and it would be no surprise if qualification for the last eight went right down to the wire.

LIVE Norway v Iceland
BBC iPlayer (kick-off 8pm)
The sides' final match in Group A, from Stockhorn Arena in Thun.

Friday 11

LIVE Italy v Spain
7.30pm BBC1 (kick-off 8pm)
Both teams' final match of Group B of Women's Euro 2025 at Stadion Wankdorf in Bern, Switzerland. The teams last met in a friendly in October 2024, when they shared the spoils in a 1-1 draw in Vicenza. It was a sign of the progress the Italians have made recently after failing to progress beyond the group stage of the last three major championships they have played in.

LIVE Portugal v Belgium
BBC iPlayer (kick-off 8pm)
Action from both teams' final Group B match at Stade de Tourbillon in Sion, Switzerland.

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Saturday

5 July

Evening Planner

Cycling

Tour de France

ITV1, ITV4, TNT Sports 1 & Discovery+

Defending champion Tadej Pogacar will be among the field as the annual race starts with a 184.9km road race in Lille.

Football

Women's Euro 2025

BBC1, ITV1 & S4C

Coverage of both competing home nations: Wales v Netherlands (k-o 5pm) and France v England (k-o 8pm).

Music

ELO at the BBC

BBC2, 8.05pm

An evening of programmes dedicated to Jeff Lynne (above) and ELO starts with a selection of archive performances.

OnDemand

NETFLIX

We Live in Time

Available today

Emotional drama starring Florence Pugh and Andrew Garfield as a couple navigating life with cancer.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.15 Wimbledon – Live: Further coverage of day six from the All England Club						10.00 News	10.20 Film: King Richard
	102 BBC2	7.15 The Great House Revival		8.05 ELO at the BBC		9.05 Mr Blue Sky: The Story of Jeff Lynne...		10.05 Jeff Lynne's ELO: Radio 2 in...	
	103 ITV1	7.00 Football: Women's Euro 2025 – Live: France v England (Kick-off 8.00)							10.30 News
	104 CHANNEL 4		7.10 News	7.40 Film: The Day After Tomorrow				10.00 Oasis: Supersonic	
	105 5	7.00 Edward & Sophie: 25 Years Together		8.00 Football: FIFA Club World Cup – Live: Coverage of the fourth quarter-final (Kick-off 9.00)					
	106 SKY SHOWCASE	7.00 Ted's Notebook	7.30 Jurassic World...	8.00 Film: Kong: Skull Island				10.15 F1: British Grand Prix...	
ENTERTAINMENT	115 BBC3	7.00 EastEnders		8.00 Top Gear		9.00 Two Pints of Lager and a Packet of Crisps			
	116 BBC4	7.00 Today at the Test			8.10 Miss Marple				
	118 ITV2	‹ 6.15 Film: Jurassic World: Dominion				9.00 Love Island: Unseen Bits		10.05 Olivia Attwood: The Price of...	
	136 MORE4	‹ 6.50 Four in a Bed				9.00 24 Hours in A&E			
	135 E4	7.00 The Simpsons				9.00 Celebrity Gogglebox		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare				9.00 Blue Bloods		10.00 Elsbeth	
	108 SKY ATLANTIC	‹ 6.55 Game of Thrones				9.00 The White Lotus			10.10 The Gilded Age
	110 U&GOLD	7.00 Only Fools and Horses					9.20 Mrs Brown's Boys	10.00 Only Fools and Horses	
	111 U&DAVE		7.05 Red Dwarf			9.00 The Office			10.20 Extras
	119 ITV3	7.00 Midsomer Murders				9.00 Vera			
	120 ITV4	‹ 6.00 World Series of Darts: Poland Masters – Live: The quarter-finals, semi-finals and final from PreZero Arena Gliwice						10.00 The 1% Club	
	112 COMEDY CENTRAL	7.00 Film: The 'burbs				9.00 Film: Austin Powers: The Spy Who Shagged Me			
	139 SKY SCI-FI	7.00 Star Trek: Voyager							
	113 SKY MAX	‹ 6.30 The Walking...	7.30 Jurassic World...	8.00 Joe Lycett's United States of...		9.00 A League of Their Own		10.00 Strike Back: Vendetta	
	109 U&ALIBI	7.00 Hudson & Rex		8.00 Death in Paradise				10.05 My Life Is Murder	
	130 SKY ARTS	7.00 Jimi Hendrix: The Guitar Hero				9.00 Blur: To the End			
	132 U&W	7.00 First Responders				9.00 Coupling			
DOCUMENTARY	125 DISCOVERY	7.00 Gold Rush: Mine Rescue with Freddy...		8.00 Blowing Up History		9.00 Naked and Afraid: Last One Standing			
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Extinct or Alive		9.00 The Zoo		10.00 Surviving Joe Exotic	
	129 NAT GEO	7.00 Hitler's Death Army: Das Reich				9.00 Mastermind: To Think Like a Killer			
	123 SKY HISTORY	7.00 World's Greatest Treasure Mysteries				9.00 Airport Security: USA			
	155 U&YESTERDAY	‹ 6.50 Porridge	7.25 Bangers & Cash: Restoring Classics		8.25 Bangers & Cash				
	121 SKY DOCS	7.00 Jackie Stewart				9.00 Film: Amy			
FILMS – Sky Cinema	301 PREMIERE	‹ 5.45 William Tell		8.00 Gladiator II					10.30 Strange Darling
	302 2025 RECAP	‹ 5.55 Twisters		8.00 Bad Boys: Ride or Die				10.00 Venom: The Last Dance	
	303 EPIC WORLDS	‹ 5.00 The Lord of the Rings...		8.00 The Lord of the Rings: The Two Towers					
	304 GREATS	‹ 5.35 Robin Hood: Prince of Thieves		8.00 Last Action Hero				10.15 Midnight Run	
	305 ANIMATION	‹ 5.40 Monster...	7.25 The Boss Baby			9.05 Open Season			10.40 Lego...
	306 FAMILY		7.20 IF			9.10 Jack the Giant Slayer			
	307 JURASSIC PARK	‹ 6.20 Jurassic Park III		8.10 Jurassic World					10.25 Jurassic World...
	308 COMEDY	‹ 5.45 Parenthood		8.00 Crazy Rich Asians				10.10 Babes	
	309 THRILLER	‹ 6.20 Barbarians		8.00 Ocean's Thirteen				10.15 The Firm	
	310 DRAMA	‹ 6.15 Lady Bird		8.00 Valentine's Day				10.05 Oppenheimer	
	311 SUPERMAN		7.20 Superman III				9.30 Superman IV – The Quest for Peace		
	313 FILM4	‹ 6.50 The League of Extraordinary Gentlemen				9.00 Prey			
SPORT	401 MAIN EVENT	‹ 6.55 Vitality T20 Blast Cricket – Live			8.30 International Rugby Union – Live: Argentina v England (Kick-off 8.40)				10.40 News...
	402 PREMIER LEAGUE	7.00 The Fall and Rise of Leeds United		8.00 Transfer 360		9.00 Gary Neville's Soccerbox		10.00 Class of '92: Full Time	
	403 FOOTBALL	‹ 6.00 EFL Cup Retro			8.45 EFL Greatest Games			10.00 Championship Season Review	
	404 CRICKET	‹ 6.55 Vitality T20 Blast Cricket – Live: Sussex Sharks v Hampshire Hawks							10.30 Test Cricket
	410 TNT SPORTS 1	‹ 5.30 FIM Speedway Grand Prix – Live: The seventh round of the season in Malilla, Sweden				9.00 MLB – Live: New York Mets v New York Yankees (Start-time 9.10)			
	411 TNT SPORTS 2	‹ 2.45 Test Cricket – Live: West Indies v Australia							

‹ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

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BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
10.00 **Saturday Kitchen** New edition Matt Tebbutt is joined by chefs Clare Smyth and Gennaro Contaldo. (S)
11.30 **The Great Food Guys** (S)(R)(AD)
12.00 NOON **BBC News** (S)
12.10 PM **Local News** (S)
12.20 LIVE **Wimbledon** Coverage of day six from the All England Club, where matches in the third round of the men's and ladies' singles are due to take place. (S)
4.00 **BBC News** (S)
4.15 LIVE **Football: Women's Euro 2025** Wales v Netherlands: All the action from the UEFA Women's Euro 2025 Group D match held at Allmend Stadion Luzern in Switzerland, with Wales taking part in their first major tournament. Kick-off is at 5.00. (S)

Home Nation

10.20 King Richard

6 PM
LIVE **Football: Women's Euro 2025** (started at 4.15pm)

7 PM
7.15 LIVE **Wimbledon** Clare Balding presents further coverage of day six of the third Grand Slam of the year from the All England Club, where matches in the third round of the men's and ladies' singles are scheduled to continue. Novak Djokovic was back on Centre Court at this stage last year and after narrowly losing the first set against Australian Alexei Popyrin, the Serbian soon reversed his fortunes to record a 4-6, 6-3, 6-4, 7-6 triumph. Elsewhere on Number 2 Court there was a match-up between two seeded players as Taylor Fritz faced Alejandro Tabilo, and it was American Fritz who came out on top with a 7-6, 6-3, 7-5 win. (S)

8 PM

9 PM

10 PM
10.00 **BBC News** (S)
10.20 FILM **King Richard** Biopic following the journey of tennis players Venus and Serena Williams, as their father Richard coaches them into global superstars. Stars Will Smith. (S)(AD) (2021, 12, 135min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.35 AM **In the Arena: Serena Williams** New editions 5/8. Serena decides to recruit new coach Patrick Mouratoglou. (S)(AD)
1.25 6/8. Serena looks back at her 14-year boycott of the Indian Wells tournament. (S)(AD)
■ Entire series on BBC iPlayer
2.10 **Weather for the Week Ahead** (S)
2.15 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **Children's Programmes**
9.00 **Gardeners' World** The team report from the RHS Hampton Court Garden Festival. (S)(R)
10.00 **Earth's Wildest Waters: The Big Fish** Ben Fogle takes the contestants to Laos, where they must fish in the widest rapids in the world using traditional bamboo poles and lines. (S)(R)(AD)
11.00 LIVE **Wimbledon** Isa Guha presents coverage of day six of the Grand Slam tournament from the All England Club, where men's and ladies' third-round singles matches are due to take place. (S)
3.00 PM LIVE **Wimbledon** Further day six coverage from the All England Club, where matches in the third round of the men's and ladies' singles are set to continue. (S)

NEW
8.05 ELO at the BBC

LIVE **Wimbledon** (started at 3.00pm)

7.15 **The Great House Revival** New edition 4/8. Hugh Wallace meets artist Cora Murphy, who has taken on the challenge of restoring a city town house and shop front on Douglas Street, Cork. (S)
8.05 NEW **ELO at the BBC** A selection of archive performances by the Electric Light Orchestra, featuring hits including *10538 Overture, Don't Bring Me Down, Sweet Talkin' Woman* and *Mr Blue Sky*. (S)
9.05 **Mr Blue Sky: The Story of Jeff Lynne and ELO** A look at the career of the singer-songwriter, exploring his success with Electric Light Orchestra and stint as a member of The Traveling Wilburys. (S)(R)
10.05 **Jeff Lynne's ELO: Radio 2 in Concert** Coverage of a special concert by Jeff Lynne's ELO at the BBC Radio Theatre in 2015, featuring classic hits and material from the band's album *Alone in the Universe*. (S)(R)
11.00 **Jeff Lynne's ELO at Hyde Park** The band's performance at Hyde Park in London from 2014. (S)(R)
12.25 AM **Today at Wimbledon** Highlights of day six. (S)
1.25 **Today at the Test** England v India: Action from the fourth day of the second Test in the five-match series, held at Edgbaston. (S)(R)
2.25 FILM **Lullaby** French drama. Subtitled. (2019, 15, 95min) ★★★★
4.00 **to 6.20** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **James Martin's Midweek Menu** With Lorraine Kelly. (S)(R)
6.50 FILM **Addams Family Values** Black comedy sequel. (S)(AD) (1993, PG, 95min) ★★★★
8.25 **Jimmy & Shivi's Farmhouse Breakfast** New edition (S)
9.25 **ITV News** (S)
9.30 **James Martin's Saturday Morning** With Fred Sirieix. (S)(R)
11.45 LIVE **Tour de France** The opening stage of the race, a 184.9km route around Lille. *See feature, p28.* (S)
1.10 PM **ITV News** (S)
1.30 LIVE **Racing** Coverage from Sandown Park and Haydock. (S)
4.00 **In for a Penny** (S)(R)(AD)
4.30 **Tipping Point: Lucky Stars** (S)(R)
5.30 **The Chase Celebrity Special** Tim Vine, Alice Beer, Ken Bruce and Sonny Jay take part. (S)(R)

8.25 Jimmy & Shivi's Farmhouse...

6.30 **ITV News** (S)
6.45 **Local News** (S)

7.00 LIVE **Football: Women's Euro 2025** France v England: Laura Woods presents coverage of both teams' opening Group D match, which comes from Stadion Letzigrund in Zurich, Switzerland. England are the holders of this competition, having beaten Germany in the final when hosts three years ago and have since finished as runners-up to Spain in the 2023 FIFA World Cup. They will expect to be contenders once again, but cannot take anything for granted against the French, who have reached at least the quarter-finals of every World Cup and European Championship since 2009. Kick-off is at 8.00. (S)(AD)

Home Nation

10.30 **ITV News** (S)
10.45 **Suspicion** New episode 3/8. The suspects return home and attempt to patch their lives back together, while a surprising connection is revealed. (S1) (S)(AD)
11.45 **Romesh Ranganathan's Parents' Evening** With Joel Dommett, Tony Bellew and Vicky Pattison. (S)(R)
12.45 AM **Teleshopping**
3.00 **Noel Edmonds' Kiwi Adventure** 2/3. Bad weather endangers the River Haven business. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Tour de France Highlights** Action from the opening stage of the race. (S)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.05 AM **Cheers** 18-20/28. (S11) (S)(R)
7.25 **Everybody Loves Raymond** (S)(R)
8.20 **Frasier** 7&8/24. (S4) (S)(R)(AD)
9.25 **The Simpsons** (S)(R)(AD)
11.25 LIVE **F1: British Grand Prix Practice Three** Coverage of preparations for the 12th round of the season, held at Silverstone. (S)
1.00 PM **Narrow Escapes** Jack and Gabby make a surprise announcement. (S)(R)(AD)
2.00 LIVE **F1: British Grand Prix Qualifying** Steve Jones and Lee McKenzie present coverage of the battle for grid positions for the 12th round of the season, which takes place at Silverstone. Start-time is at 3.00. (S)
5.10 **Supercruising: Life at Sea** 1/8. Documentary following life on two luxury cruise ships. (S)(R)(AD)

7.40 The Day After Tomorrow

6.10 **The World's Biggest Cruise Ship** The construction and launch of cruise ship *Icon of the Seas*, which at 20 decks high and almost a quarter of a mile long, has been crowned the world's biggest cruise ship. (S)(R)(AD)
7.10 **News** (S)
7.40 FILM **The Day After Tomorrow** Disaster drama starring Dennis Quaid and Jake Gyllenhaal. A climate expert believes global warming could trigger a new ice age, but his warnings go unheeded until freak weather conditions confirm his worst fears of a global super storm. With Emmy Rossum and Ian Holm. (S)(AD) (2004, 12, 140min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

10.00 **Oasis: Supersonic** Documentary about the early years of the Manchester band, featuring concert footage and first-hand accounts of the sibling rivalry between Noel and Liam Gallagher. (S)(R)(AD)
12.30 AM **F1: British Grand Prix Qualifying Highlights** Action from Silverstone. (S)
1.30 FILM **Joram** Indian drama. (S) (2023, 15, 120min) ★★★★
3.30 **Ramsay's Kitchen Nightmares USA** In New Orleans. (S)(SL)(R)
4.20 **The Simpsons** (S)(R)(AD)
5.35 **Escape to the Chateau** (S)(R)(AD)
5.45 **to 6.10** AM **Kirstie and Phil's Love It or List It: Brilliant Builds** (S)(R)

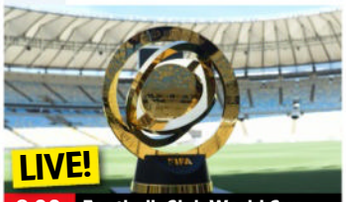
+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
8.55 **SpongeBob SquarePants** (S)(R)
9.05 **Entertainment News** (S)
9.15 **Bargain-Loving Brits in the Sun** Four editions. (S)(R)(AD)
1.05 PM **Dogs Behaving (Very) Badly** Graeme Hall meets retriever Max, who has a habit of stealing excrement. (S)(R)
2.05 Jealous Frenchie Bingo is hell-bent on stopping owner Alan from finding love. (S)(R)
3.05 Graeme meets 60kg mountain dog Oakley. (S)(R)
4.05 **The Hotel Inspector** Alex Polizzi visits Caer Beris Manor in the Brecon Beacons. (S)(R)
5.05 **Michael Portillo's Sicily** New edition The broadcaster enjoys the faded grandeur of Sicily's capital, Palermo. (S)



8.00 **Football: Club World Cup**

6.05 **News** (S)
6.10 **Bagshot Park: A Royal Residence** A look at the royal residence in Surrey, which is the current home of the Duke and Duchess of Edinburgh. (S)(R)
7.00 **Edward & Sophie: 25 Years Together** A look at the relationship of the Duke and Duchess of Edinburgh, who are becoming increasingly significant in the Royal Family. (S)(R)
8.00 **LIVE Football: FIFA Club World Cup** Coverage of the fourth quarter-final, which takes place at MetLife Stadium in East Rutherford, New Jersey. The winners of this match will progress to the second semi-final on Wednesday, with their opponents being the team to have emerged triumphant from the third quarter-final earlier today. Kick-off is at 9.00. (S)
11.55 **Shoplifters: Caught Red Handed** Documentary. (S)(R)
12.55 AM **Entertainment News** (S)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Iceland with Alexander Armstrong** 3/3. (S)(R)
3.45 **The World's Most Expensive Hotels** Atlantis Dubai. (S)(R)
4.35 **Paul Martin's Antiques Showdown** Jelly moulds. (S)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY SHOWCASE

106 106 | 109 | 340 | 355

6.00 AM **The Pingu Show** (S)(R)
6.30 **Funny Talking Animals** (S)(R)
6.50 **The Brilliant World of Tom Gates** (S)(R)(AD)
7.05 **Monkey Life** (S)(R)
8.25 **Big Cat Country** (S)(R)
10.15 **The F1 Show** Preview. (R)
11.15 **LIVE F1: British Grand Prix Third Practice Session** Coverage from Silverstone.
1.10 PM **Lewis Hamilton with Sky Italia** An interview with the driver.
1.20 **Football's Funniest Moments** Comical incidents. (S)(R)(AD)
2.15 **LIVE F1: British Grand Prix Qualifying Session** Coverage of the battle for grid positions from Silverstone. Start-time is at 3.00.
4.55 **George Russell on 2025** (R)
5.00 **F1: British Grand Prix Qualifying Highlights**

2.15 **F1: British GP Qualifying**

F1: British Grand Prix Qualifying Highlights (started at 5.00pm)
7.00 **Ted's Notebook** Ted Kravitz reviews the British Grand Prix qualifying session at Silverstone. (R)
7.30 **Jurassic World Rebirth: The Making of a New Era** Behind the scenes. (S)(R)
8.00 **FILM Kong: Skull Island** Action adventure starring Tom Hiddleston, Samuel L Jackson and Brie Larson. A secret mission to a mysterious island descends into chaos when the wildlife proves far from welcoming. With John C Reilly, John Goodman and Toby Kebbell. (2017, 12, 118min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
10.15 **F1: British Grand Prix Qualifying Highlights** Another chance to see the battle for grid positions in the 12th round of the season at Silverstone. (R)
12.15 AM **Poker Face** 11/12. Charlie helps out a friend who is suspected of murder. Guest stars Justin Theroux. (S2) (S)(R)
1.15 **Hawaii Five-0** 12/25. An FBI agent is found dead. (S)(R)
2.10 13/25. A man accused of killing his wife threatens to commit suicide. (S8) (S)(R)
3.05 **Road Wars** (S)(R)
4.00 **Nothing to Declare** (S)(R)(AD)
5.30 **to 6.00** AM **Monkey Life** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
4.40pm **LIVE** All-Ireland Championship (S) **6.50-7.15pm** The Chronicles of Armagh (S)(R)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.00** Stwnsh Sadwrn **10.20** Arfordir Cymru: Sir Benfro (AD) **10.55** Busnes Bwyd **11.55** Ffermio **12.30pm** Garddio a Mwy **1.00** Tekkers Byw **2.00** **LIVE** Seiclo: Tour de France **4.30** **LIVE** Football: Women's Euro 2025 **7.15** Newyddion a Chwaraeon **7.30** Ralio: Pencampwriaeth Rali'r Byd 2025 **8.00** Taith y Llewod **9.00** Seiclo: Tour de France **9.30** Aur y Noson Lawen **10.30** Arctig Gwyllt Iolo Williams **11.30-11.55pm** Ar Led

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Linda and Elaine fail to see eye to eye. **7.30** Priya and Ravi's suspicions are raised.
8.00 **Top Gear** Jeremy, James and Richard tackle snowy weather, and actor Amber Heard is the Star in a Reasonably Priced Car.
9.00 **Two Pints of Lager and a Packet of Crisps** 10/10. A horror-themed episode in which the friends mourn the looming demolition of their beloved pub. (S6) **9.30** 1/8. The girls compete for a job at the newly refurbished Archer pub. **10.00** 2/8. Janet struggles to accept Jonny's death. **10.30** 3/8. Donna tries to help her boss come to terms with his sexuality. (S7)
11.00 **NEW Glastonbury Highlights: Volumes 3&4** Memorable moments from this year's festival.
1.00 AM **Top Gear** As 8.00pm.
2.00 **to 4.00** AM **Two Pints of Lager and a Packet of Crisps**

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Today at the Test** England v India: Action the fourth day's play of the second Test at Edgbaston.
8.00 **NEW George Gallaccio Remembers... Miss Marple** The producer of the BBC's 1980s adaptation reflects on the show.
8.10 **Miss Marple** *The Body in the Library – Part One:* A couple find a corpse in their library and turn to their neighbour Miss Jane Marple to investigate. **9.00** *The Body in the Library – Part Two:* The sleuth senses a second killing is in the offing. **9.55** *The Body in the Library – Part Three:* The police stage a trap.
10.50 **The Gone** 1/6. An Irish couple go missing from a small New Zealand town. **11.40** 2/6. Irish gangster Derry Fallon becomes the prime suspect. (S1)
12.35 AM **The Good Life**
1.05 **Yes, Minister**
1.35 **to 3.20** AM **Miss Marple**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Ugly House to Lovely House with George Clarke**
9.55 **George Clarke's Amazing Spaces** From Norfolk.
11.00 **George Clarke's Old House, New Home**
12.00 NOON **Location, Location, Location** From Kent.
1.00 PM **Four in a Bed**
3.40 **Come Dine with Me** Five editions from Lancashire.
6.20 **Four in a Bed** The competition kicks off at The Hero pub in Burnham Overy Staithe, Norfolk.
6.50 **Four in a Bed** The second visit is to the Cleasewood Guest House in Great Yarmouth, Norfolk. **7.25** The third visit is to Peel Hey on the Wirral. **7.55** The final visit is to Four Saints Brig y Don in Llandudno, north Wales. **8.25** Payment Day arrives.
9.00 **24 Hours in A&E** A 56-year-old woman is rushed to St George's with an open ankle fracture after falling in her garden. **10.00** A doctor shares his story of leaving his family and newborn child during the COVID-19 lockdown in order to keep them safe.
11.05 **999: On the Front Line**
12.10 AM **Emergency Helicopter Medics**
2.20 **24 Hours in A&E**
3.25 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Rude(ish) Tube Shorts**
6.15 **The Goldbergs**
8.45 **Ramsay's Kitchen Nightmares USA**
12.40 PM **The Big Bang Theory**
2.40 **FILM Transformers: Revenge of the Fallen** Sci-fi adventure sequel. (2009, 12, 149min) ★★★
5.30 **The Simpsons** Triple bill of episodes, including at: **6.30** *A Totally Fun Thing That Bart Will Never Do Again:* Bart persuades his family to go on a cruise.
7.00 **The Simpsons** *The Spy Who Learned Me:* Homer receives marital advice. **7.30** *Ned 'n' Edna's Blend Agenda:* Ned and Edna secretly tie the knot. **8.00** *Lisa Goes Gaga:* With the voice of Lady Gaga. **8.30** *Bonfire of the Manatees:* Marge starts protecting endangered aquatic creatures.
9.00 **Celebrity Gogglebox** Famous faces appraise *The Woman in the Window, First Dates* and *The Yorkshire Vet.*
10.00 **Gogglebox** Opinions on *Race Across the World, The Last of Us* and *Married at First Sight Australia.*
11.05 **Gogglebox**
12.05 AM **First Dates**
2.10 **Gogglebox**
4.05 **Brooklyn Nine-Nine**
5.00 **to 6.00** AM **Ramsay's 24 Hours to Hell and Back**

+1 hr 235/236 | 306 | 30 | 123 | 256

Saturday primetime

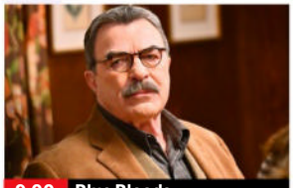
SATURDAY Entertainment

Saturday

Sky Witness

107 107 110 341 356

6.00 AM **Brit Cops: Rapid Response** Documentary.
7.00 **Sun, Sea and A&E**
8.00 **Motorway Patrol**
9.00 **Caught Red Handed** Four editions, including at: **10.30** A neighbourly dispute gets out of hand. **11.15** Two burglars break into a house but get more than they bargain for.
12.00 NOON **Stop, Search, Seize**
1.00 PM **Border Security USA**
2.00 **Nothing to Declare** Ten editions of the documentary.



9.00 Blue Bloods

7 PM

7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 Nothing to Declare Double bill of the series accessing the world of national security at Australia's biggest airports.

9 PM

9.00 Blue Bloods *Homefront:* 5/21. Danny and Baez get close with an informant, while Eddie lands herself in hot water. (S13)

10 PM

10.00 Elsbeth *Toil and Trouble:* 8/20. Elsbeth is thrown into the world of TV after the showrunner of a crime drama is killed. (S2)
11.00 **FBI: Most Wanted** 10/22. A detective is abducted. (S4)
12.00 M'T **FBI: Most Wanted** (S4)
1.00 AM **FBI: International** (S3)
2.00 **Bull** 13/16. (S5)
3.00 **The Cleaning Lady** 2/12. (S3)
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Richard E Grant's Hotel Secrets** From Venice.
7.00 **Fish Town** Double bill.
9.00 **Westworld** 1-5/10. (S2)
3.30 PM **Game of Thrones** 1/10. Jon Snow tries to mediate between Mance Rayder and Stannis Baratheon. **4.35** 2/10. Brienne and Pod run into trouble on the road. **5.40** 3/10. Tyrion walks the Long Bridge of Volantis. **6.55** 4/10. The militant arm of the Faith of the Seven grows more aggressive. (S5)

7.55 Game of Thrones

7.55 Game of Thrones *Kill the Boy:* 5/10. Jon enlists the help of an unexpected ally, Daenerys makes a difficult decision, and Theon remains under Ramsay's control. (S5)

9.00 The White Lotus *The Lotus-Eaters:* 5/6. Belinda tries to redirect Tanya's focus to her business proposal. (S1)

10.10 The Gilded Age *What the Papers Say:* 2/8. Agnes and Ada are concerned about Peggy's worsening condition. (S3)
11.15 **Homicide: Life on the Street** 20/23. Two businessmen apparently commit suicide. **12.10** AM 21/23. Bayliss is haunted by his first case. **1.05** Triple bill. (S6&7)
4.00 **The Outsider** 10/10. (S1)
5.00 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Highway Patrol**
6.30 **SEAL Team** 3-6/22. (S1)
10.30 **Grimm** 5-8/22. (S5)
2.30 PM **The Walking Dead** 15/16. Alexandria mounts a search when a resident goes missing. **3.30** 16/16. The leader of the Saviors teaches Rick a brutal lesson. (S6) **4.40** 1/16. Negan sets about cementing his rule. **5.35** 2/16. Carol and Morgan encounter King Ezekiel. **6.30** 3/16. Daryl's fate is finally revealed. (S7)

10.00 Strike Back: Vendetta

7.30 Jurassic World Rebirth: The Making of a New Era Behind the scenes.

8.00 Joe Lycett's United States of Birmingham 2/4. Joe visits Ohio – the state with the highest number of Birminghams.

9.00 A League of Their Own England footballer Ollie Watkins and comedians Kevin Bridges and Maisie Adam join the regulars.

10.00 Strike Back: Vendetta 2/10. The team discover the sale of the bioweapon will be taking place on a speeding train. (S8)
11.00 **Warrior** 4/10. Big Bill spots a way to pay off his debts after an raid on an opium den. (S1)
12.00 M'T **Poker Face** 11/12. Charlie helps out a friend who is suspected of murder. Guest stars Justin Theroux. (S2)
1.00 AM **The Force: Manchester**
2.00 **Road Wars** Double bill.
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Dress to Impress**
8.45 **Gordon Ramsay's Food Stars USA** Double bill of editions.
10.30 **Deal or No Deal**
1.35 PM **Celebrity Catchphrase**
2.40 **FILM Corpse Bride** Stop-motion animated fantasy with the voices of Johnny Depp and Helena Bonham Carter. (2005, PG, 74min) ★★★★
4.20 **FILM Nanny McPhee** Comedy fantasy starring Emma Thompson and Colin Firth. (2004, U, 98min) ★★★★

6.15 Jurassic World: Dominion

6.15 FILM Jurassic World: Dominion Adventure sequel with Chris Pratt. Operatives return to the destroyed dinosaur island on an important retrieval mission, and familiar faces make an appearance. (2022, 12, 154min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Love Island: Unseen Bits New edition Featuring exclusive unseen action from the villa.

10.05 Olivia Attwood: The Price of Perfection 4/6. Olivia explores cutting-edge procedures targeted towards modern mums.
11.05 **Family Guy** 2/21. Peter learns he has a vestigial twin. (S12)
11.35 20/22. The Griffins move to a farm. (S11)
12.05 AM **American Dad!** (S11 & 10)
1.05 **Extraordinary** 4/8. (S2)
1.45 **CelebAbility**
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
6.35 **Wycliffe** 1&2/8. (S2)
8.50 **FILM Carry On Loving** Comedy starring Sidney James and Hattie Jacques. (1970, PG, 90min) ★★
10.50 **Doc Martin** 5&6/8. (S6)
12.50 PM **Agatha Christie's Poirot**
3.00 **Midsomer Murders** *Death's Shadow:* Barnaby and Troy investigate the murder of a terminally ill man. **5.00** *Dead Man's Eleven:* A wealthy landowner's wife is found battered to death.

11.00 Shetland

7.00 Midsomer Murders *Strangler's Wood:* The discovery of a woman's body in woodland prompts Barnaby and Troy to re-examine three similar killings that occurred in the same village nine years previously. Guest stars Phyllis Logan.

9.00 Vera *Telling Tales:* DCI Vera Stanhope sets out to solve the murder of a teenage girl 11 years earlier, exposing the secrets and lies of a close-knit community. Guest stars Hugo Speer.

11.00 **Shetland** 1/6. A girl's body is found on a secluded beach. **12.00** M'T 2/6. A hiding place leads Perez to the killer. (S2)
1.15 AM **Joanna Lumley's Home Sweet Home: Travels in My Own Land**
2.15 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **The Forest** How a fleet of highly-skilled truckers transport the timber of the Galloway Forest Park.
7.45 **Hebrides: Islands on the Edge** Wildlife documentary narrated by Ewan McGregor.
8.45 **Grand Tours of Scotland's Lochs** Paul Murton visits the lochs of Wester Ross.
9.00 **Only Child** 5/6. Richard plans a 75th birthday party for his father. (S1)
9.30 **Two Doors Down** 2/6. Beth has flu and wants some peace. (S5)
10.00 **Songs of Modern Scotland: Celtic Connections** Featuring Simon Neil, Justin Currie and Eddi Reader.
11.30 PM **to 12.00** M'T **Up for It** Christopher, Ashley and Rosco go busking.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **The Conners**
10.15 **Entourage** (S6&7)
1.00 PM **Crashing** (S1&2)
3.45 **Silicon Valley** (S1)
6.40 **The Franchise** 1/8. Satirical comedy. Problems plague the set of the latest Maximum Studios superhero film. **7.15** 2/8. Daniel faces scrutiny from Dag. **7.50** 3/8. Adam's questionable supplement regimen takes its toll. **8.25** 4/8. The crew prepare for a big celebrity cameo. (S1)
9.00 **John Kearns: The Varnishing Days** Stand-up performance.
10.10 **Upright** 1/8. Comedy drama written by and starring Tim Minchin. **10.45** 2/8. Lucky is desperate to see a doctor after losing his anxiety pills. (S1)
11.20 **Upright** 3-8/8. (S1)
3.00 AM **Girls** 3&4/10. (S4)
4.20 **to 5.00** AM **Fantasmas**

Sky Arts

130/131 114/115 123 36 143 24 350 365

6.00 AM **An American in Paris: The Musical**
8.20 **Tales of the Unexpected**
11.00 **The Alfred Hitchcock Hour** Double bill.
1.00 PM **FILM Kiss Me, Kate** Musical comedy starring Alfred Drake and Patricia Morison. (1958, U, 90min) ★★★
4.00 **Cirque du Soleil: Kurios – Cabinet of Curiosities**
6.00 **Classic Albums**
7.00 **Jimi Hendrix: The Guitar Hero**
9.00 **Blur: To the End** Tracing the relationship of the band's members over three decades.
11.00 **Blur: Live at Wembley Stadium** From 2023.
1.45 AM **Greatest Guitar Riffs** With Nancy Wilson.
2.40 **Cream Reunion Concert**
5.10 **Music Icons: Psychedelic Rock**
5.35 **to 6.00** AM **Music Icons: Chicago Blues**

Sky Mix

151 158 135 11 141 23

6.00 AM **Nothing to Declare**
8.00 **Silly Animals**
8.10 **Play Your Pets Right**
8.25 **Isadora Moon**
8.40 **Trolls: Trollstopia**
9.00 **Nothing to Declare**
11.00 **Reef Wrecks**
12.00 NOON **Africa's Wild Horizons** Documentary.
1.00 PM **Secret Life of the Wombat** Documentary.
2.00 **Strange Creatures**
3.00 **Mysteries of Evolution**
4.00 **Ireland's Wild Islands with Eoin Warner**
5.00 **Hungry Games: Alaska Big Bear Challenge**
6.00 **Big Cats: An Amazing Animal Family**
7.00 **Big Beasts: Last of the Giants** Documentary.
8.00 **Caught on Dashcam**
10.00 **The Force: Manchester**
12.00 M'T **Britain's Most Evil Killers** Double bill.
2.00 AM **Sex and the City**
4.00 **Nothing to Declare**
5.00 **to 6.00** AM **The Force: Manchester**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
1.00 PM **Lingo** Quiz show.
2.00 **In with a Shout** The Wheatleys from Dunstable and the Parry family from Abergavenny compete.
3.00 **Tenable** Double bill hosted by Sally Lindsay.
5.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
6.00 **Lingo** Double bill of the quiz hosted by Adil Ray.
8.00 **Deal or No Deal** Stephen Mulhern hosts as Nikki tries to open the 22 red boxes in the right order, taking on the infamous Banker for the chance to win a life-changing cash prize.
9.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.00 M'T **In with a Shout**
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 50 48

8.00 AM **Highway to Heaven**
1.00 PM **Highway to Heaven** Eight episodes of the drama, including at: **7.00** *Plane Death:* 14/25. Mark searches for an old friend. **8.00** *One Winged Angels:* 15/25. Jonathan falls in love with a woman he is trying to matchmake with another man. (S1)
9.00 **Garage Sale Mysteries: The Art of Murder** Crime drama starring Lori Loughlin, Steve Bacic and Eva Bourne.
10.55 **Garage Sale Mysteries: The Novel Murders** Crime drama with Lori Loughlin and Steve Bacic.
12.50 AM **The Avengers**
3.00 **Randall and Hopkirk (Deceased)** 8/26. (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Great Racehorses**
6.20 **Minder**
7.30 **The Professionals**
8.30 **E1 Powerboat Highlights**
9.30 **Racing: The Opening Show**
10.30 **The Big Match Revisited**
11.30 **The Best of the 80s**
11.45 **LIVE Tour de France** Gary Imlach presents coverage of the first stage, a 184.9km route around Lille. With commentary by Ned Boulting and David Millar. *See feature, page 28.*
5.15 PM **The Best of the 70s**
5.30 **Made in Britain**

10.00 The 1% Club

6.00 LIVE World Series of Darts: Poland Masters Coverage of the quarter-finals, semi-finals and final from PreZero Arena Gliwice. Luke Humphries was the only seeded player to fall at the quarter-final stage last year, as he lost 6–5 to Michael Smith, who would then go on to lose to top seed Luke Littler in the last four.

10.00 The 1% Club Quiz show hosted by Lee Mack in which 100 contestants have a chance of winning up to £100,000.
11.00 **Tour de France Highlights** The first stage of the race, a 184.9km route around Lille.
11.55 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling.
1.55 AM **Dark Side of the Ring**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **FILM DC Down** Thriller with Sean Young and Eric Roberts. (2023, PG, 82min) ★★
1.00 PM **Star Trek: Enterprise** Five episodes, including at: **4.00** 12/24. The crew rescue a group of religious fanatics. **5.00** 13/24. The crew search for the whereabouts of an enemy superweapon. (S3)
6.00 **Star Trek: Voyager** 7/26. An alien society awakens from a 900-year stasis. (S6)

11.00 The Walking Dead

7.00 Star Trek: Voyager *One Small Step:* 8/26. Chakotay leads a shuttle crew to retrieve a historic Mars mission spacecraft.

8.00 Star Trek: Voyager *The Voyager Conspiracy:* 9/26. Seven develops paranoid tendencies and begins spreading rumours.

9.00 Star Trek: Voyager *Pathfinder:* 10/26. In an episode set on Earth, a science officer appears unhinged.

10.00 Star Trek: Voyager *Fair Haven:* 11/26. A stressed-out Janeway becomes romantically entangled. (S6)
11.00 **The Walking Dead** 7/16. Carol seeks out an old friend. **12.00** M'T 8/16. Members of a small rescue mission find themselves at risk. **1.00** AM 9/16. A recent loss drives the communities to band together. (S9) **2.00** 10&11/16. (S9)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S15)
10.00 **Elementary** 19–21/24. (S4)
1.00 PM **Inspector George Gently**
3.00 **Father Brown** Four episodes of the drama, including at: **5.00** *The Lepidopterist's Companion:* When Mrs McCarthy takes over the running of the mobile library, the sleuthing priest discovers a shocking secret. **6.00** *The Alchemist's Secret:* Father Brown investigates a 300-year-old secret hidden inside a university.

8.00 Death in Paradise

7.00 Hudson & Rex *Bee-Deviled:* 6/8. The president of a beekeeping association is found stung to death. (S7)

8.00 Death in Paradise *An Unholy Death:* 2/8. A young nun is found dead in a smoke-filled bedroom in her convent.

9.00 Death in Paradise *A Murder on the Plantation:* 1/8. The owner of a sugar plantation is killed. (S2)

10.00 My Life Is Murder *Location, Location, Location:* 3/8. An estate agent is found dead in an open home. (S4)
11.00 **CSI: Vegas** 9/10. Max makes an important breakthrough. **12.00** M'T 10/10. After an explosion, the team race to find which nerve agent left one of their own unconscious. (S3)
1.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.15 AM **Only Fools and Horses**
1.05 PM **Only Fools and Horses** Nine episodes, including at: **3.45** The Trotters try to help a pregnant German woman. **4.25** A weeping statue in the local church gives Del an idea for a money-making scheme. **5.00** The Trotters are caught up in an attempted robbery. **5.40** Tempers flare between the Trotter brothers as they fall for the same woman. **6.20** Rodney and Mickey Pearce are commissioned to make a community film.

9.20 Mrs Brown's Boys

7.00 Only Fools and Horses A millionaire offers Del Boy a partnership. **7.40** Christmas special from 1990. Rodney leaves home after a row with Cassandra and arranges a date with receptionist Tanya in an effort to make his wife jealous.

9.20 Mrs Brown's Boys Agnes fears her family are planning to send her to a nursing home.

10.00 Only Fools and Horses Del falls for a glamorous antiques dealer. **10.40** Rodney unwittingly causes a family crisis.
11.20 **Only Fools and Horses** Del persuades Denzil to lend him his redundancy money. **12.00** M'T The Trotters embark on a venture involving the decoration of Denzil's flat.
12.40 **to 4.00** AM **Only Fools and Horses**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Travel Man: 48 Hours in Florence** With Rebel Wilson.
8.00 **Storage Hunters UK**
9.30 **James May: The Reassembler**
10.30 **Top Gear**
11.30 **Red Bull Soapbox Race**
1.30 PM **Speed with Guy Martin: Classic F1 Special**
3.00 **Robson Green's Weekend Escapes** Double bill.
4.00 **Mortimer & Whitehouse: Gone Fishing** Triple bill.
6.00 **Border Force: America's Gatekeepers** The hunt for some invasive insects is on.

7.05 Red Dwarf

7.05 Red Dwarf Part one of three. The nanobots recreate *Red Dwarf*. **7.45** Part two of three. Rimmer is invited to dinner by the captain. **8.20** Part three of three. The Dwarfers escape from their captors to try to prove their innocence.

9.00 The Office David is headhunted by a public speaking agency. **9.40** David makes easy money moonlighting as a motivational speaker at a business seminar.
10.20 **Extras** David Bowie offers some home truths to Andy as he finally realises his dream of TV success.
11.00 **Not Going Out**
11.35 **Not Going Out Live**
12.15 AM **Not Going Out**
12.55 **Have I Got a Bit More News for You** Double bill.
2.55 **to 4.00** AM **David Mitchell's Outsiders**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Chateau DIY**
2.00 PM **A Place in the Sun** Six editions, including at: **7.00** Ben Hillman helps a couple find a holiday home in Lucca, Italy for their budget of £90,000.
8.00 **George Clarke's Amazing Spaces** A man in Norfolk renovates a van to surprise his kids.
9.00 **George Clarke's Remarkable Renovations** A couple renovating their old post office building.
10.00 **Britain's Most Expensive Houses** Three high-end London apartments.
11.05 **FILM Dante's Peak** Disaster drama starring Pierce Brosnan. (1997, 12, 108min) ★★★
1.10 AM **Celebrity Gogglebox**
2.15 **24 Hours in Police Custody: The Butcher of Suburbia** 1&2/2.
4.15 **to 4.35** AM **Jamie's Comfort Food Bites**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **Blue Bloods** (S5)
1.00 PM **NCIS** Eight episodes of the drama, including at: **6.00** *Pop Life:* 16/23. A bartender wakes up next to a corpse. **7.00** *An Eye for an Eye:* 17/23. Two human eyeballs are sent to a petty officer's home. **8.00** *Conspiracy Theory:* 19/23. An officer's apparent suicide is investigated. (S2)
9.00 **Criminal Minds** *Alpha Male:* 15/22. A series of acid attacks on men and women draws the BAU to Philadelphia. **10.00** *Assistance Is Futile:* 16/22. The team search for a subject known as the Bone Crusher. (S12)
11.00 **Law & Order: Special Victims Unit** (S14&13)
2.50 AM **The Good Wife**
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **100 Toddler Tantrums Caught on Camera** Child-rearing.
10.05 **Rogue Claimers**
3.00 PM **Nightmare Tenants, Slum Landlords**
5.00 **FILM Miss Potter** Biopic starring Renée Zellweger as Beatrix Potter. (2006, PG, 93min) ★★★
6.55 **FILM The Secret Garden** Drama based on Frances Hodgson Burnett's tale, starring Kate Maberly. (1993, U, 97min) ★★★★
9.00 **FILM Fifty Shades of Grey** Erotic drama starring Jamie Dornan and Dakota Johnson. (2015, 18, 120min) ★★
11.35 **24 Hour Sex: Up All Night** Documentary.
12.35 AM **Adults Only: Sex in the Future**
1.35 **Quantico** 5&6/22. (S2)
3.10 **to 4.00** AM **Police Interceptors**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Highway Patrol**
9.25 **Police Interceptors**
12.25 PM **FILM Gunpoint** Western starring Audie Murphy and Joan Staley. (1966, U, 86min) ★★
2.10 **FILM The Lawless Breed** Western starring Rock Hudson. (1952, PG, 83min) ★★
3.55 **FILM A Reason to Live, A Reason to Die** Spaghetti Western starring James Coburn and Telly Savalas. (1972, PG, 92min) ★★★
6.00 **Motorway Cops: Catching Britain's Speeders** Triple bill.
9.00 **Police: Night Shift 999** A busy Saturday for PC Hewer on patrol in Cheltenham centre.
10.00 **Police Code Zero: Officer Under Attack**
11.00 **Police Interceptors**
1.00 AM **Fights, Camera, Action!** Triple bill.
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **The Bill**
11.00 **Tipping Point**
3.00 PM **First Responders** Six editions, including at: **6.00** Four people are left fighting to keep their heads above water when their boat sinks. **7.00** A toddler is pulled unconscious from a swimming pool. **8.00** An Auckland surfer suffers from a frightening cardiac event in the water.
9.00 **Coupling** Patrick tries to avoid staying with Sally. **9.40** Susan attends antenatal classes. **10.20** Patrick admits to sleeping with Jane. **11.00** Steve receives an unexpected visitor.
11.40 **Who Killed Jenni Rivera?** 1&2/3. Double bill of the documentary.
1.45 **to 3.00** AM **Interior Design Masters with Alan Carr**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.05 AM **Birds of a Feather**
7.50 **Bergerac**
11.20 **Lovejoy**
1.40 PM **Call the Midwife**
3.00 **Father Brown**
5.00 **2point4 Children**
7.00 **The Brokenwood Mysteries** *Leather and Lace:* 1/4. A rugby coach's body is found tied to a goal post. (S2)
9.00 **Hotel Portofino** *Invitations:* 3/6. Lucian and his friend, Anish, run into trouble with Danioni's Blackshirts and have to be rescued by Gianluca. (S1)
10.10 **Outrageous** *Sparks Light Fires:* 3/6. Nancy gets to work on a new novel, but life becomes stranger than fiction. (S1)
11.10 **Judge John Deed**
1.10 AM **The Heart Guy**
2.20 **Birds of a Feather**
2.50 **to 4.00** AM **Darby and Joan**

+1 hr 243 316 60 260

SATURDAY Entertainment

Really
142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Florida.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **The Yorkshire Auction House** Double bill.
12.00 NOON **The Derbyshire Auction House**
1.00 PM **Antiques Road Trip**
6.00 **The Hotel Inspector**
8.00 **Yorkshire Air 999**
9.00 **The Repair Shop** Items include a beloved sailor doll, a mid-century camera and a child's musical chair. **10.00** The shop's instrument expert gives a well-loved cornet a new lease of life. **11.00** The team restore a bus conductor's ticket machine and a kickboxing trophy.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
145 159 139 48 142 43

7.00 AM **The Chase**
8.00 **Pointless Celebrities**
9.00 **Bruce's Price Is Right**
10.00 **Bruce Forsyth's Generation Game**
11.20 **All Star Family Fortunes**
12.00 NOON **Dickinson's Real Deal** From Norwich.
1.00 PM **Strike It Lucky**
3.00 **Bullseye** Double bill.
4.00 **The Chase Celebrity Special** Mikey North, Alison Hammond, Una Healy and Carl Froch compete for charity. **5.00** With Michael Parr, Alex Scott, Bill Turnbull and Jennifer Metcalfe.
6.00 **The Chase** Triple bill.
9.00 **The Chase Celebrity Special** Toyah Willcox, John Barnes, Germaine Greer and Audley Harrison take part.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Ten editions.
4.00 AM **The Chase Celebrity Special**
5.00 **to 6.00** AM **The Chase**

GREAT! action
323 319 426 42 33

8.00 AM **FILM Ambush at Tomahawk Gap** Western. (1953, PG, 73min) ★★★
9.40 **Wanted: Dead or Alive**
11.10 **FILM Hell and High Water** Thriller. (1954, PG, 103min) ★★★
1.25 PM **FILM Demetrius and the Gladiators** Historical drama sequel. (1954, PG, 101min) ★★
3.40 **FILM The Stranger Wore a Gun** Western. (1953, U, 83min) ★★
5.30 **FILM Decision at Sundown** Western. (1957, PG, 77min) ★★
7.15 **FILM Seven Men from Now** Western drama. (1956, U, 77min) ★★★
9.00 **FILM Wild Bill** Western. (1995, 15, 93min) ★★
11.15 **FILM King of Texas** Western. (2001, PG) ★★
1.20 AM **FILM Fire Twister** Thriller. (2015, 12) ★
3.20 **to 5.00** AM **Wild West Chronicles**
+1 hour 324 319

GREAT! movies
321 318 425 34 32

9.10 AM **Heathrow: Britain's Busiest Airport**
10.50 **FILM An Aurora Teagarden Mystery: A Bone to Pick** (2015) ★★
12.45 PM **FILM An Aurora Teagarden Mystery: Real Murders** (2015) ★★
2.35 **FILM Mary Higgins Clark: He Sees You When You're Sleeping** Thriller. (2002, PG) ★★
4.50 **FILM Mary Higgins Clark: Lucky Day** Thriller. (2002, 12, 91min) ★★
7.00 **FILM Collision Earth** Drama. (2020, 12) ★
9.00 **FILM Killing Salazar** Thriller. (2016, 15) ★★
11.15 **FILM Garage Sale Mysteries: Guilty Until Proven Innocent** Thriller. (2016, PG, 85min) ★★
1.10 AM **FILM Fatal Getaway** Thriller. (2019, PG) ★★
3.00 **Air Rescue** Double bill.
4.00 **to 6.00** AM **FILM Killer Mom** Thriller. (2017, 12) ★
+1 hour 322 318

GREAT! romance
319 317 424 52 47

8.00 AM **FILM Listen Out for Love** (2022, PG) ★★
10.00 **FILM This Little Love of Mine** Romantic drama. (2021, U, 91min) ★★
12.00 NOON **FILM Accidentally in Love** Comedy. (2021, PG) ★★
1.55 PM **FILM Love's Second Chance** Romance. (2020, PG, 95min) ★★
4.00 **FILM Same Time Next Week** Romantic drama. (2016, PG, 90min) ★★
6.00 **FILM Welcome to Valentine** Drama. (2023, PG, 85min) ★★
8.00 **FILM Mid-Love Crisis** Romantic drama. (2022, PG, 85min) ★★
9.55 **FILM Love at First Glance** Romantic drama. (2017, PG, 82min) ★★
11.55 **FILM A Snapshot of Forever** (2022, PG) ★★
1.55 **Highway to Heaven**
3.00 **to 5.00** AM **FILM Love's Second Chance** (2020)
+1 hour 320 317

Rewind TV
182 81 141

6.00 AM **I Dream of Jeannie**
7.00 **The Monkees** (S1)
8.00 **Fantasy Island** (S1)
9.00 **A Sharp Intake of Breath** 5-7/7. (S1)
10.30 **Please Sir!** (S4)
11.30 **Doctor in the House**
12.30 PM **In Loving Memory**
2.00 **From Here to Eternity**
4.00 **Bubblegum & Cheese**
5.00 **Stereo Underground**
6.00 **Fantasy Island** (S1)
7.00 **Jokers Wild** Game show.
8.30 **FILM Heather Ann** Drama starring Maurice Roeves, John Castle and Susan Penhaligon. A trawlerman struggles with his marriage while embarking on an affair. (1983, 15, 50min) ★★★
9.30 **Brass** 1-3/6. (S3)
11.00 **Please Sir!** (S4)
12.00 M'T **Police Woman** (S1)
1.00 AM **Blue Thunder** (S1)
2.00 **From Here to Eternity**
4.00 **Bubblegum & Cheese**
5.00 **to 6.00** AM **A Sharp Intake of Breath**

DMAX
159 152 169 39 147 35

6.00 AM **Deadliest Catch**
10.00 **Aussie Gold Hunters**
2.00 PM **Outback Opal Hunters** Five editions.
7.00 **Hoarding: Buried Alive** A couple whose marriage is at breaking point. **8.00** The team try to save a woman's home.
9.00 **The Bad Foot Clinic** It's double trouble for Marion as a mother and daughter both require toe surgery. **10.00** Marion solves the mystery of the V-shaped gap in Debra's toes.
11.00 **Body Bizarre** A Kenyan man who developed a growth on his genitals. **12.00** M'T A woman with thousands of tiny tumours on her skin. **1.00** AM A boy is fitted with prosthetic eyes.
2.00 **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**
+1 hour 259 369 153

Food Network
140/141 154 190 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Barefoot Contessa: Back to Basics**
12.00 NOON **Mary Berry's Quick Cooking**
1.00 PM **James Martin's American Adventure**
3.00 **Tom Kerridge Barbecues** Eight editions.
7.00 **Tom Kerridge Secrets of the Pub Kitchen** Pairs of ingredients that work in harmony. **7.30** How Tom's training in French-style cookery has influenced the pub.
8.00 **Secrets of the Curry Kitchen** Chef Asma Khan celebrates the joy of street food.
8.30 **Nadiya's Simple Spices** Nadiya Hussain makes vegetable pakoras.
9.00 **Diners, Drive-Ins and Dives** Six editions.
12.00 M'T **to 3.00** AM **Diners, Drive-Ins and Dives**
+1 hour 240/241 154

Legend
148 156 149 41 137 38

7.00 AM **FILM September Gun** Western drama. (1983, PG, 90min) ★★
9.00 **Knight Rider** (S3)
2.00 PM **FILM Treasure Island** Adventure. (1971, U, 95min) ★★★
3.55 **FILM The Count of Monte Cristo** Adventure. (1974, U, 99min) ★★
6.00 **FILM George and the Dragon** Fantasy starring James Purefoy. (2004, PG, 93min) ★★★
8.00 **The Twilight Zone** (S3)
9.00 **FILM In the Line of Duty** Crime thriller starring Aaron Eckhart. (2019, 15, 98min) ★★
11.00 **FILM Born to Raise Hell** Action thriller starring Steven Seagal. (2010, 18, 92min) ★★
12.55 AM **FILM The Fourth Protocol** Spy thriller. (1987, 15, 119min) ★★★
3.10 **to 5.00** AM **FILM The Witches** Horror. (1966, 15, 91min) ★★

Legend Xtra
317 316 171 69 138 51

6.00 AM **FILM Apocalypse Pompeii** Disaster movie. (2014, 15, 87min) ★
8.00 **FILM 7 Guardians of the Tomb** Adventure. (2018, 12, 90min) ★★
10.00 **FILM A Study in Terror** Thriller with John Neville. (1965, 15, 91min) ★★★
12.00 NOON **FILM Airplane vs Volcano** Disaster movie. (2014, 15, 91min) ★
2.00 PM **FILM The 7 Adventures of Sinbad** Fantasy adventure. (2010, PG, 90min) ★★
4.00 **The Lost World** (S2)
9.00 **FILM Limitless** Thriller starring Bradley Cooper, Abbie Cornish and Robert De Niro. (2011, 15, 104min) ★★★★
11.05 **FILM Reasonable Doubt** Crime thriller starring Dominic Cooper. (2013, 15, 91min) ★★★
12.55 **to 3.00** AM **FILM Limitless** As 9.00pm.
+1 hour 318 316 371 139

Blaze
164 169 174 64 161 41

6.00 AM **Storage Hunters**
8.00 **Container Wars**
10.00 **Swamp People: Serpent Invasion**
11.00 **Storm Stories**
12.00 NOON **The Proof Is Out There** Four editions.
2.00 PM **Ancient Superstructures**
4.00 **Ancient Aliens**
8.00 **UFOs: Why Are They Here?** Addressing the notion that mankind is alone in the Universe.
9.00 **Black Sea Mystery: Lost Worlds** Shipwrecks in the Black Sea.
10.20 **National Park Mysteries** The Hawaii Volcanoes National Park. **10.45** El Yunque National Forest in Puerto Rico.
11.10 **Strange Evidence**
12.05 AM **Weird or What? With William Shatner**
1.00 **My Strange Arrest**
2.30 **Claw Hunters**
3.30 **to 6.00** AM **Hardcore Pawn: Behind the Deal**

5SELECT
153 166 138 46 133 30

9.00 AM **Celebrity Puzzling**
12.00 NOON **Murder, She Wrote** Five episodes.
5.00 PM **Venice's Lost Empire: Drain the Oceans** Documentary.
6.00 **The Wild West: Drain the Oceans**
7.00 **World War II: Secrets from Above**
8.00 **Michael Palin in Nigeria** A visit to Benin.
9.00 **Mysteries of the Pyramids with Dara O Briain** Exploring mysteries surrounding the world's pyramids. **10.00** The battle between tomb raiders and tomb builders.
11.00 **Tomb Hunters**
12.00 M'T **The Mighty Mississippi with Nick Knowles** Double bill.
2.00 AM **Amazing Railway Adventures with Nick Knowles** Double bill.
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 153 191 44 149 40

7.00 AM **Your Garden Made Perfect** Triple bill.
10.00 **For the Love of Kitchens** In Darlington.
11.00 **My Lottery Dream Home** Eight editions.
3.00 PM **Escape to the Country** Five editions.
8.00 **Love Your Garden** Alan Titchmarsh and the team transform the garden of a 90-year-old land girl and ballroom dancing devotee from Hull. **9.00** Alan and the team create a new garden for an eight-year-old girl and her family in Nottingham, despite the worst weather they have ever experienced.
10.00 **Escape to the Country** Triple bill of the series in which people search for their ideal rural retreats.
1.00 AM **Castle Impossible**
2.00 **to 4.00** AM **Flip or Flop**
+1 hour 258/262 391

TLC
133/134 139 165

7.00 AM **Say Yes to the Dress: Lancashire**
8.00 **Say Yes to the Dress**
10.00 **Little People, Big World**
12.00 NOON **Extreme Cheapskates**
1.00 PM **My 600lb Life**
5.00 **sMothered**
6.00 **Say Yes to the Dress: Atlanta** Double bill.
7.00 **1000-lb Best Friends**
8.00 **Dr Pimple Popper** Genner arrives from the Philippines for help with his nose from Dr Lee. **9.00** Matt has a skin condition that causes tumours to grow all over. **10.00** Tatiana has a large bump on her rear. **11.00** Patrick's nose is covered by huge bumps.
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Couponing**
2.00 **Dr Pimple Popper**
5.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**
+1 hour 233/234 365

Comedy Central
112/113 135 132 345 360

8.00 AM **Michael McIntyre's Big Show** As 6.00pm.
9.00 **Friends** (S6&7)
5.00 PM **Bradley & Barney Walsh: Breaking Dad**
6.00 **Michael McIntyre's Big Show** With George Ezra and Alison Hammond.
7.00 **FILM The 'burbs** Offbeat comedy starring Tom Hanks, Bruce Dern and Carrie Fisher. (1989, PG, 103min) ★★★
9.00 **FILM Austin Powers: The Spy Who Shagged Me** Spoof spy thriller sequel with Mike Myers. (1999, 12, 94min) ★★★
10.55 **FILM Adaptation** Offbeat comedy starring Nicolas Cage. (2002, 15, 114min) ★★★
1.15 AM **Whose Line Is It Anyway? USA**
2.15 **8 Out of 10 Cats**
3.30 **Absolutely Fine**
3.55 **Reno 911!** 11/11. (S8)
4.15 **to 5.00** AM **Friends**
+1 hour 212/213 332

Comedy Cen. Extra
127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
3.00 PM **Whose Line Is It Anyway? USA**
7.00 **Friends** 13/24. Phoebe encounters a suicidal office worker. **7.30** 14/24. The pals gather to celebrate Rachel's 30th birthday. **8.00** 15/24. Joey tells a fellow cast member that her character is to be killed off. **8.30** 16/24. Chandler hears a startling revelation. (S7)
9.00 **Friends** (S7&8)
2.00 AM **Impractical Jokers**
3.00 **The Roast of Charlie Sheen** A comedy tribute.
4.00 **Beavis and Butt-Head**
4.10 **Darren Harriott: Comedy Central Live**
4.35 **The Bonnaroo Experience** Stand-up.
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay
152 160 156

7.00 AM **Four Weddings**
8.00 **Border Patrol**
10.30 **Highway Patrol**
11.00 **Nothing to Declare**
2.00 PM **Air Ambulance ER**
3.00 **Send in the Dogs**
7.00 **The Real A&E**
9.00 **Stella** 6/10. Paula loses Emma's son on the way to his naming ceremony. **10.00** 7/10. Paula stands out at the *Got to Dance* auditions. Guest stars Ashley Banjo. **11.00** 8/10. Lenny is prepared to play dirty as he and Luke enter the boxing ring – but his opponent seems more interested in winning over Zoe. **12.00** M'T 9/10. Rob and Stella try to rebuild their trust in each other. **1.00** AM 10/10. Rob makes Stella a life-changing offer. (S2)
2.00 **to 6.00** AM **Four Weddings**

MTV
126/127 137 134 351 366

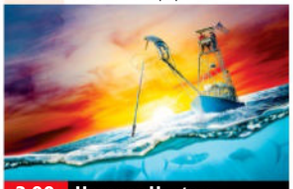
6.00 AM **The Hills**
6.25 **Teen Mom: Young & Pregnant** Reality series.
7.10 **Teen Mom: Farewell Special** Reality series.
8.00 **Teen Mom OG**
9.00 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: The TV Show** Eight editions of the series, including at: **8.00** Nev and Kamie attempt to help Jeanette to find her catfish.
9.30 **MTV Cribs: Footballers Stay Home** Featuring Jesse Lingard. **10.00** With Pierre-Emerick Aubameyang.
10.30 **Ghosted: Love Gone Missing** Whitney bails on plans to move to LA.
11.30 **Ink Master Redemption**
12.30 AM **Alice in Chains: MTV Unplugged**
1.30 **Korn: MTV Unplugged**
2.00 **Catfish: The TV Show**
2.50 **Catfish: Firsts**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Salvage Hunters**
8.00 **Filthy Fortunes** Four editions.
12.00 NOON **Gold Rush: White Water** Triple bill.
3.00 PM **Harpoon Hunters** Four harpooners compete to land a monster bluefin tuna. **4.00** Captains Joe and Tyler hit bluefin gold. **5.00** Captain Joe takes his sons to sea aboard the *Redrum*, and Niko hunts the season's biggest bluefin yet.
6.00 **Gold Rush: White Water** Dustin risks losing his claims as he battles equipment failure.



3.00 Harpoon Hunters

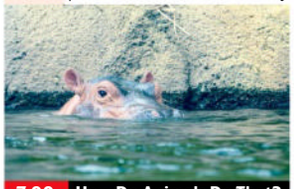
7.00 **Gold Rush: Mine Rescue with Freddy & Juan** When a crisis hits, it's up to Juan to pull off a masterclass in upgrades.
8.00 **Blowing Up History** Experts attempt to decipher the mystifying zodiac images of Egypt's Dendera Temple.
9.00 **Naked and Afraid: Last One Standing** Matt's tactics spark tension, survivalists must craft primitive axes, while the physical and mental strain of the challenge sends one competitor home.
11.00 **Expedition Files** Josh Gates takes a deep dive into the lives and true identities of the notorious Billy the Kid, the Man in the Iron Mask, and Betty and Barney Hill.
12.00 M'T **Deadliest Catch**
4.00 **to 5.00** AM **How It's Made: Dream Cars**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **The Dark Side of the Sun**
10.00 **Lone Star Law**
11.00 **Wild Mexico**
12.00 NOON **Dr Jeff: Rocky Mountain Vet** A dog goes into cardiac arrest.
1.00 PM **Pit Bulls & Parolees**
3.00 **My Cat from Hell**
5.00 **Megalodon: The Monster Shark Lives** Examining one of the largest predatory marine creatures in history, contemplating whether it is possible that it still exists today.



7.00 How Do Animals Do That?

7.00 **How Do Animals Do That?** A look at how a lizard can walk on water. **7.30** How a barn owl catches prey it can't see.
8.00 **Extinct or Alive** Forrest Galante is determined to find out if the famously reclusive ivory billed woodpecker still exists.
9.00 **The Zoo** The keepers face unexpected setbacks weaning a bright sea lion pup off her mother's milk.
10.00 **Surviving Joe Exotic** Joe Exotic gives one of his last interviews before his arrest. Plus, former employees reveal the extraordinary truth about his infamous GW Zoo.
11.00 **Alaska: The Last Frontier** The Kilchers struggle through a record-breaking harsh winter.
12.00 M'T **The Aquarium** Double bill.
2.00 AM **Alaskan Bush People**
3.00 **Extinct or Alive**
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Amsterdam Central 24/7**
10.00 **Inside Airport Lost & Found**
11.00 **Air Crash Investigation**
1.00 PM **World War II: Secrets from Above** Double bill.
3.00 **Nazi Megastructures: Battle Ready** The story of Himmler, Goebbels and Goering.
4.00 **Eyewitness: D-Day**
5.00 **Liberation: D-Day to Berlin** Exploring the end of World War Two in western Europe. **6.00** A look at how Belgium and the Netherlands were freed from Nazi occupation.

5.00 Liberation: D-Day to...

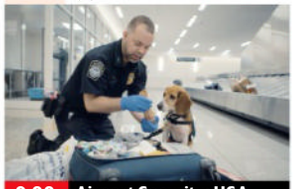
7.00 **Hitler's Death Army: Das Reich** Part one of two. Documentary about German soldiers.
8.00 **Hitler's Death Army: Das Reich** Part two of two. How German soldiers perpetrated massacres on the Eastern Front.
9.00 NEW SERIES **Mastermind: To Think Like a Killer** Documentary series exploring the story of Dr Ann Burgess.
10.00 **Mastermind: To Think Like a Killer** New edition How Ann balanced her research into serial killers with life as a mother.
11.00 **Mastermind: To Think Like a Killer** Series finale The publication of Ann's study.
12.00 M'T **Air Crash Investigation**
2.00 AM **To Catch a Smuggler: Tropical Takedown**
2.55 **Food Factory** Double bill.
3.45 **Money Meltdown**
4.35 **to 5.00** AM **Trials of the Wild**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
8.00 **Secrets Declassified with David Duchovny**
9.00 **The Curse of Oak Island**
10.00 **Curse of Skinwalker Ranch**
2.00 PM **Pawn Stars** Six editions of the series, including at: **4.30** Corey takes a look at a vintage pinball machine.
5.00 **Discovered by Disaster** A medieval shipwreck that could reshape history.
6.00 **UFOs: The Lost Evidence** Reports of UFO sightings by pilots and astronauts.



9.00 Airport Security: USA

7.00 **World's Greatest Treasure Mysteries** Excavating an old mining dredge believed to contain vast riches.
8.00 **World's Greatest Treasure Mysteries** The bounty accumulated by pirate Captain 'Black Sam' Bellamy.
9.00 **Airport Security: USA** At San Francisco airport, officers intercept a drug mule carrying a suitcase of marijuana.
10.00 **Airport Security: USA** Law enforcement and customs officers receive a tip-off on two drug trafficking suspects.
11.00 **History's Greatest Mysteries** Investigating the aftermath of the death of notorious drug lord Pablo Escobar.
12.00 M'T **Hunting History with Steven Rinella** A tale of 19th-century pioneers trapped by storms in the Sierra Nevada Mountains.
1.00 AM **Forged in Fire**
3.00 **to 6.00** AM **Pawn Stars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **American Pickers**
10.00 **Canal Boat Diaries**
10.30 **Bangers & Cash: Restoring Classics** A Reliant Robin.
11.30 **Porridge** Triple bill.
1.30 PM **The Thin Blue Line**
3.30 **'Allo 'Allo!** Triple bill.
5.30 **Porridge** Tension mounts as the parole board gathers. **6.10** Godber starts work on another O-level course. **6.50** Final episode of the classic comedy. Godber gets into a fight a week before his parole board hearing.

8.25 Bangers & Cash

7.25 **Bangers & Cash: Restoring Classics** Derek picks out a super low mileage MGC, but the team pay a little too much to secure it.
8.25 **Bangers & Cash** Dave heads to Wales to bag a sought-after Sierra Cosworth, while Derek gets his hands on a 1926 Standard Tourer. **9.25** Derek heads to Suffolk to collect two Bentleys with a majestic pedigree – a 1963 S3 and a 1965 Continental. **10.25** Dave collects a rare 1926 Dodge bus, while Derek gets his hands on a rare Vauxhall Victor VX 90 police car.
11.25 **Bangers & Cash** Dave picks up a classic Italian sports car – a Lancia Fulvia 1.3 Sport. **12.25** AM Derek meets the owner and builder of a sporty vintage Jaguar 'special' – a Jaguar Viking.
1.25 **Canal Boat Diaries**
2.20 **to 3.00** AM **'Allo 'Allo!**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Robson Green's Australian Adventure**
8.00 **Wheeler Dealers World Tour**
9.00 **Wheeler Dealers**
2.00 PM **Wheeler Dealers World Tour**
3.00 **Shed and Buried**
7.00 **Find It, Fix It, Flog It** Henry Cole and Simon O'Brien unearth some classic Danish furniture. **8.00** A Surrey upcycler with a range of sheds.
9.00 **Massive Engineering Mistakes** New editions A construction project in Virginia collapses. **10.00** Exploring the devastating effects of engineering disasters.
11.00 **Aussie Gold Hunters** The Poseidon Crew's future is in jeopardy.
12.00 M'T **Outback Truckers**
1.00 AM **Cooper's Treasure**
3.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes to the Dress: UK** Reality series.
8.00 **Say Yes to the Dress**
11.00 **Say Yes to the Dress: The Big Day**
12.00 NOON **Forensic Detectives** Triple bill.
3.00 PM **Caught in the Net** Six editions, including at: **8.00** Police find 64-year-old nurse Athena Valentiny brutally murdered in her home.
9.00 **American Detective with Lt Joe Kenda** New edition
10.00 **Crime Scene Investigators** New edition The body of a missing 16-year-old is discovered floating off the coast of New Jersey.
11.00 **Faking It: Tears of a Crime** Triple bill.
2.00 AM **Murder Comes to Town** True-crime.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 **Violent Minds: Killers on Tape** Dr Al Carlisle begins a relationship with inmate Manny Cortez in the Oregon State Penitentiary.
7.00 **Wrongly Accused** 1/2. Focusing on the case of Timothy Evans, who was hanged for murdering his wife and their baby daughter. **8.00** 2/2. Justice eventually catches up with John Christie.
9.00 **Killers: Caught on Camera** In America, four parents are shot following a night out. **10.00** A hidden recording exposes Casey Devil murdering his sister and her partner.
11.00 **48 Hours** Triple bill.
2.00 AM **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Close Calls: On Camera** Ten editions.
2.00 PM **Medical Detectives** The case of a lawyer who was battered to death. **2.30** Two women are found murdered and police think a serial killer is on the loose. **3.00** A woman is found dead on a golf course. **3.30** A missing horse rider's body is found. **4.00** Police investigate the murder of a DJ. **4.30** When a man is killed in his own garage, investigators turn to his wife for answers.
5.00 **Murder: Fight for the Truth** Julie Hogg's mother finds her killer.
6.00 **Judge Judy** Real-life small-claims cases.
12.15 AM **Judge Judy**
2.00 **Donal MacIntyre's Murder Files** Double bill.
4.00 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Stop, Search, Seize**
8.00 **Highway Patrol**
9.00 **Road Wars**
10.00 **Brit Cops: Rapid Response** Documentary.
11.00 **World's Most Evil Killers**
12.00 NOON **Killer in My Village** True-crime.
1.00 PM **The Real Manhunter**
2.00 **Murdered at First Sight**
3.00 **Murder Uncut**
5.00 **Britain's Most Evil Killers**
6.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **How I Caught the Killer**
9.00 **Killer in My Village**
10.00 **Forensics: Catching the Killer** Double bill.
12.00 M'T **World's Most Evil...**
1.00 AM **Ireland's Most Evil Killers** Eric Locke.
2.00 **What the Killer Did Next** Nadine Aubras.
3.00 **Murdered at First Sight**
4.00 **Road Wars**
5.00 **to 6.00** AM **UK Border Force**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.35 **America's Great War 1917-1918** As 7.45pm.
9.40 **Russia's Wars**
1.00 PM **America's Great War 1917-1918**
2.10 **Playing to Survive: Von Cramm vs Hitler**
4.20 **Russia's Wars**
7.45 **America's Great War 1917-1918** The stories of US soldiers who fought in World War One.
8.50 **Playing to Survive: Von Cramm vs Hitler** Exploring the life of German aristocrat Gottfried von Cramm.
11.00 **Rum & Revolution: History of Havana** A look back at Havana in the 1950s, a vibrant metropolis alive with music and cabarets.
12.00 M'T **Legends & Luxury: History of Marrakesh**
12.55 **to 2.00** AM **Grand Tours of the Scottish Islands**

SATURDAY

Saturday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Discovering: Jean Simmons**
7.00 **Discovering: Susan Sarandon**
8.00 **The Directors**
9.00 **On the Line: The Richard Williams Story** Documentary.
10.50 **My Icon: Heather Watson**
11.00 **All That Breathes**
1.00 PM **Ferrari: Race to Immortality** Documentary chronicling the early years of the Scuderia Ferrari racing team.
2.50 **Very Ralph** An intimate portrait of fashion icon Ralph Lauren.
5.00 **Williams & Mansell: Red 5** Documentary charting the rise of driver Nigel Mansell and the Williams F1 racing team.
6.50 **My Icon: Leon Pryce**
7.00 **Jackie Stewart** Documentary about F1 great Jackie Stewart.
9.00 **Amy** Director Asif Kapadia's documentary portrait of singer-songwriter Amy Winehouse.
11.30 **Love to Love You, Donna Summer** Profile of the singer.
1.30 AM **The Stroll** Documentary.
3.10 **Right to Fight** Documentary.
5.00 **to 6.00** AM **The Directors**

Sky Nature

124/125 113/114 189 354 369

6.00 AM **Arctic Secrets**
8.00 **Big Cat Country**
10.00 **Accidental Wilderness: Europe's Everglades**
11.00 **Animal Empires**
1.00 PM **Wild Crusades: The Monkey Diaries**
2.00 **Bugs That Ruled the World**
3.00 **Uptown Otters**
5.00 **Pridelands: Wilderness Reborn**
6.00 **David Attenborough's First Life** The origins of life on Earth. **7.00** A look into how animals began to survive on dry land.
8.00 **Nature's Fast Attacks**
9.00 **Surviving the Amazon** The wildlife to be found in the Amazon's tree canopies.
10.00 **Zambia Untamed** The story of Zambia's Luangwa Valley. **11.00** The animals of the Luangwa Valley come together.
12.00 M'T **Nature's Fast Attacks**
1.00 AM **Surviving the Amazon**
2.00 NEW SERIES **Ireland's Wild Islands with Eoin Warner**
3.00 **Malawi Wildlife Rescue**
5.00 **to 6.00** AM **Big Cats Small World**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
9.00 **Deadly Standoff**
10.00 **Mysteries from Above**
11.00 **Ancient Aliens** Double bill.
1.00 PM **Footprints of Civilisation**
2.00 **Alien Files: Unsealed**
3.00 **Strangest Things**
4.00 **What on Earth?**
5.00 **Footprints of Civilisation**
6.00 **Alien Files: Unsealed**
7.00 **Truthseekers** Dr Fern Riddell and Dr Karen Bellinger investigate the mystery of the Bermuda Triangle.
8.00 **Strangest Things** A look at a perplexing and unusual metal sphere, just seven-hundredths of an inch across.
9.00 **Deep Water Salvage** Efforts are made to raise more valuable tropical hardwood.
10.00 **U-Boat Wargamers** A fatal flaw in the Royal Navy's anti-U-boat strategy.
11.05 **Hitler's Secret Sex Life**
12.05 AM **Ancient Aliens**
3.00 **Spycraft** Documentary.
4.00 **What on Earth?**
5.00 **to 6.00** AM **UFO Hunters**

Crime+Investigation

156 142 133

6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
8.55 **Court Cam** Four editions.
10.45 **Fugitives Caught on Tape**
11.45 **Hometown Tragedy**
1.05 PM **Exhumed: Killer Revealed**
3.00 **#Textmewhenyougethome**
4.00 **Murder at the Motel**
5.00 **Accident, Suicide or Murder?** Triple bill of editions.
8.00 **Accused: Did I Do It?** A man who fatally stabbed a doctor's husband, claiming self defence.
9.00 **A Perfect Scam** The story of a Ponzi scheme worth millions.
10.00 **Interview with a Killer** In her first TV interview, Rebecca Keller reveals why she helped kill her girlfriend's mother.
11.00 **The Killer Interview with Piers Morgan** The broadcaster speaks to Christopher Porco.
12.00 M'T **Britain's Darkest Taboos**
2.00 AM **Murder at the Motel**
3.00 **#Textmewhenyougethome**
4.00 **to 6.00** AM **Exhumed: Killer Revealed**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Fish Tank Kings**
9.00 **Critter Fixers: Country Vets**
10.00 **Secrets of the Zoo: Tampa Wild Sides**
11.00 **The Incredible Dr Pol**
12.00 NOON **Yukon Vet**
2.00 PM **Deadly Dozen**
3.00 **Ice Road Rescue**
5.00 **Snakes in the City**
7.00 **Babies of the Zoo** The staff welcome new baby predators.
8.00 **Secrets of the Zoo** Staff have their hands full with a koala who is mysteriously losing weight, and a beloved lemur who gives his keepers a scare. **9.00** A litter of motherless dhole pups seek acceptance from the pack leader under the watchful eye of the team.
10.00 **Attack of the Red Sea Sharks** Investigating a series of shark attacks in the Red Sea.
11.00 **Snakes in the City** Simon and Siouxsie attempt to retrieve a boa constrictor.
12.00 M'T **Lawless Island**
2.00 AM **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Shed and Buried**
9.00 **Combat Dealers**
12.00 NOON **Shed and Buried**
3.00 PM **Salvage Hunters: The Restorers** Triple bill.
6.00 **How the Universe Works** New discoveries reveal that neutron stars have the power to destroy planets and even other stars. **7.00** New discoveries reveal the truth behind supernovas. **8.00** New discoveries reveal the importance of black holes within the Universe.
9.00 **Greatest Events of World War II** The German tactic of 'blitzkrieg', designed to create disorganisation among enemy forces through the use of mobile forces and locally concentrated firepower. **10.00** Restored footage tells the story of Operation Sealion. **11.00** Restored footage of Japan's attack on Pearl Harbour.
12.00 M'T **Blowing Up History: Seven Wonders**
2.00 **to 5.00** AM **Combat Dealers**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **The Dick Emery Show**
11.00 **Secret Army**
1.20 PM **Oliver Twist**
2.35 **The Dick Emery Show**
4.35 **Secret Army**
6.55 **Oliver Twist** 11/12. Mr Brownlow, now reunited with Oliver, has joined with the Maylies to defeat Monk's conspiracy. **7.35** 12/12. Sikes kills Nancy for her attempt to save Oliver. Now that the police are closing in on the accused murderer, Fagin decides to disband his criminal gang. (S1)
8.15 **The Dick Emery Show** Triple bill featuring comic sketches.
10.15 **Secret Army** *Invasions:* 2/13. The main safe house is discovered, threatening the lives of the Chantal sisters and the existence of Lifeline. (S3)
11.25 **Louis Theroux: Extreme Love – Dementia** Louis meets dementia sufferers in Arizona.
12.30 AM **Oliver Twist** Double bill.
1.50 **The Dick Emery Show**
3.40 **to 6.00** AM **Secret Army**

+1 hour 266 376

ID

154 141 166

8.00 AM **Betrayed**
10.00 **Cold Hearted**
11.00 **Someone You Thought You Knew** Gary and Jan Tyrrell.
12.00 NOON **Married with Secrets**
2.00 PM **Evil Stepmothers**
4.00 **Grave Mysteries** Double bill.
6.00 **American Monster** A look into the case of Terry Thrift. **7.00** When a father-of-two vanished, his friends hinted that he had led a secret life.
8.00 **People Magazine Investigates** The Freeman family trailer was burned to the ground and the parents found dead with gunshot wounds. However, the Freemans' teenage daughter and her friend were missing.
9.00 **Evil Lives Here** Heather terrorises her siblings David and Crystal from a young age.
10.00 **Faking It: Tears of a Crime** A man tries to fool a TV show into awarding him money.
11.00 **The Atlanta Child Murders**
2.00 AM **Caught in the Net**
4.00 **to 6.00** AM **Still a Mystery**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Street Outlaws: No Prep Kings** Triple bill.
10.00 **How It's Made: Dream Cars**
11.00 **Goblin Works Garage**
12.00 NOON **World's Greatest Motorcycle Rides**
5.00 PM **Kindig Customs** Triple bill of editions, including at: **7.00** A 1941 Chevy is brought into the shop for a trunk lid fix.
8.00 **Mega Shippers** A super yacht is stowed on a vessel carrier.
9.00 **Supertruckers** Simon has his hands full cleaning up after moving a 40-tonne vehicle. **10.00** Steve, Sharpie and Andy move three oil rig sections.
11.00 **Motor Pickers** Helping a teacher with a love of the outdoors. **11.30** A search for a luxury car for a champion weightlifter. **12.00** M'T A driver who wants luxury, comfort – and plenty of space for his golf clubs. **12.30** AM An unlikely customer is looking for a hot hatchback.
1.00 **to 5.00** AM **Street Outlaws: No Prep Kings**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.45 AM **The Luckiest Manin America** Fact-based drama. (2024, 15, 90min) ★★★★
8.35 **William Tell** As 5.45pm.
11.00 **Gladiator II** As 8.00pm.
1.30 PM **Exhibiting Forgiveness** Drama. (2024, 15, 117min)
3.40 **Sharp Corner** Thriller with Ben Foster and Cobie Smulders. (2024, 15, 110min) ★★★★
5.45 **William Tell** Historical action drama starring Claes Bang. (2025, 15, 133min) ★★★

10.30 Strange Darling

8.00 Gladiator II Historical drama sequel starring Paul Mescal, Pedro Pascal and Denzel Washington. The son of Maximus Decimus Meridius enters the Colosseum in an attempt to bring glory back to Rome. (2024, 15, 148min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 PREMIERE Strange Darling Thriller starring Willa Fitzgerald and Kyle Gallner. A twisted one-night stand devolves into a serial killer's vicious killing spree and a cat-and-mouse chase. (2023, 18, 97min) ★★★★ *See review, page 23.*
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Joker: Folie à Deux** Thriller with Joaquin Phoenix. (2024, 15, 138min) ★★★★
2.35 **Empire Waist** Comedy drama. (2024, 12, 94min) ★★★
4.15 **to 6.20** AM **Salem's Lot** Horror. (2024, 15, 109min) ★★★

Sky Cinema Epic Worlds

303 303 403 503 517

7.35 AM **Jurassic World Rebirth: The Making of a New Era**
8.05 **Zathura: A Space Adventure**
9.50 **Crouching Tiger, Hidden Dragon** (2000, 12) ★★★★★
11.55 **How to Train Your Dragon** Animation. (2010, PG) ★★★★
1.35 PM **Matilda** (1996, PG) ★★★★
3.15 **Zathura: A Space Adventure** Fantasy. (2005, PG) ★★★★
5.00 **The Lord of the Rings: The Fellowship of the Ring** Epic fantasy. (2001, PG) ★★★★★

5.00 The Lord of the Rings

8.00 The Lord of the Rings: The Two Towers Epic fantasy adventure continuing JRR Tolkien's mythical saga. As the power of the evil Sauron continues to grow, threatening to overwhelm Middle Earth, the fellowship of the ring dissolves. Stars Elijah Wood, Ian McKellen and Viggo Mortensen. (2002, 12, 179min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **The Mummy Returns** Action adventure sequel with Brendan Fraser and Rachel Weisz. (2001, 12, 129min) ★★★★
1.15 AM **Stargate** Sci-fi adventure starring Kurt Russell. (1994, PG, 125min) ★★★★
3.25 **Jack the Giant Slayer** Fantasy starring Nicholas Hoult. (2013, 12, 114min) ★★★
5.25 **to 7.45** AM **The Legend of Zorro** Adventure sequel. (2005, PG, 130min) ★★★

Sky Cinema Drama

310 310 410 510 524

7.20 AM **Oppenheimer** As 10.05pm.
10.20 **Stand by Me** As 1.05am.
11.55 **Burlesque** Musical romantic drama. (2010, 12, 119min) ★★★
2.05 PM **Chicago** Musical starring Renée Zellweger, Catherine Zeta-Jones and Richard Gere. (2002, 12, 112min) ★★★★
4.10 **Two Mules for Sister Sara** Western starring Clint Eastwood. (1969, 15, 114min) ★★★

6.15 **Lady Bird** Comedy with Saoirse Ronan and Laurie Metcalf. (2017, 15, 94min) ★★★★★
8.00 **Valentine's Day** Romantic comedy with Ashton Kutcher, Julia Roberts and Jamie Foxx. (2010, 12, 125min) ★★★
10.05 **Oppenheimer** Epic biopic starring Cillian Murphy. J Robert Oppenheimer leads the Manhattan Project to develop an atomic weapon before Hitler and end World War Two. (2023, 15, 180min) ★★★★★

1.05 AM **Stand by Me** Nostalgic drama starring Wil Wheaton. (1986, 15, 89min) ★★★★★
2.35 **Sunset Boulevard** Melodrama starring William Holden. (1950, b/w, PG, 110min) ★★★★★
4.30 **to 6.30** AM **Young at Heart** Musical. (1954, U, 117min) ★★★

Sky Cinema Superman

311 311 411 511 525

6.00 AM **Superman** As 11.05pm.
8.30 **Superman II** As 5.10pm.
10.45 **Superman III** As 7.20pm.
1.00 PM **Superman IV: The Quest for Peace** As shown at 9.30pm.
2.45 **Superman** As 11.05pm.
5.10 **Superman II** Fantasy adventure sequel starring Christopher Reeve. Three villains with Kryptonite challenge the Man of Steel. (1980, PG, 127min) ★★★

7.20 **Superman III** Fantasy sequel starring Christopher Reeve and Richard Pryor. Clark Kent alias Superman battles against a megalomaniac tycoon who is using a computer genius to plan the crime of the century. (1983, PG, 123min) ★★★
9.30 **Superman IV: The Quest for Peace** Fantasy adventure sequel starring Christopher Reeve. The Man of Steel tries to rid the world of nuclear weapons. (1987, PG, 90min) ★

11.05 **Superman** Fantasy adventure starring Christopher Reeve as the Man of Steel. With Margot Kidder, Marlon Brando, Gene Hackman and Glenn Ford. (1978, PG, 143min) ★★★★
1.30 AM **Superman II** As 5.10pm.
3.45 **to 6.00** AM **Superman III**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.25 AM **The SpongeBob SquarePants Movie** (2004)
9.05 **Stardust** (2007, PG) ★★★★
11.20 **Look Who's Talking** Comedy. (1989, 12, 96min) ★★★
1.00 PM **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
2.30 **Yogi Bear** (2010, U) ★★★
4.00 **The Flintstones** Comedy. (1994, U, 93min) ★★★
5.40 **The Flintstones in Viva Rock Vegas** (2000, PG) ★★
7.20 **IF** Fantasy. (2024, U) ★★★

7.20 IF

IF
(film started at 7.20pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.10 **Jack the Giant Slayer** Fantasy starring Nicholas Hoult and Eleanor Tomlinson. A plucky young farmboy scales a giant beanstalk to rescue a stranded princess – and encounters a race of sky-dwelling giants. (2013, 12, 114min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.10 **Pups United** Adventure with Matthew James Roberts. (2015, U, 89min) ★★★
12.45 AM **Beethoven** Comedy with Charles Grodin and Bonnie Hunt. (1992, U, 87min) ★★★
2.20 **The SpongeBob SquarePants Movie** Animated adventure. (2004, U, 87min) ★★★★
4.00 **Harriet the Spy** Adventure. (1996, PG, 97min) ★★★★
5.50 **to 7.20** AM **The Cat in the Hat** As shown at 1.00pm.

Sky Cinema Jurassic Park

307 307 407 507 521

7.35 AM **Jurassic Park III** (2001)
9.15 **Jurassic World Rebirth: The Making of a New Era**
9.45 **Jurassic World** As 8.10pm.
11.50 **Jurassic World: Fallen Kingdom** As 10.25pm.
2.00 PM **Jurassic Park** As 12.40am.
4.10 **The Lost World: Jurassic Park** Adventure thriller sequel. (1997, PG, 129min) ★★★
6.20 **Jurassic Park III** Adventure thriller sequel starring Sam Neill. (2001, PG, 92min) ★★★

4.10 The Lost World

8.10 **Jurassic World** Action adventure sequel starring Chris Pratt and Bryce Dallas Howard. A safari park for genetically engineered dinosaurs creates a new species – only for it to escape and terrorise the tourists. (2015, 12, 124min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.25 **Jurassic World: Fallen Kingdom** Adventure sequel starring Chris Pratt and Bryce Dallas Howard. While trying to protect genetically engineered dinosaurs, Owen Grady and Claire Dearing uncover a conspiracy. (2018, 12, 128min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.40 AM **Jurassic Park** Thriller with Sam Neill and Laura Dern. (1993, PG, 127min) ★★★★★
2.50 **The Lost World: Jurassic Park** As shown at 4.10pm.
5.05 **to 6.45** AM **Jurassic Park III**

Sky Cinema Comedy

308 308 408 508 522

7.15 AM **Babes** As 10.10pm.
9.15 **Parenthood** As 5.45pm.
11.35 **Crazy Rich Asians** (2018)
1.45 PM **Mamma Mia!** Musical starring Meryl Streep. (2008, PG, 108min) ★★★★
3.45 **Mamma Mia! Here We Go Again** Musical sequel with Lily James and Amanda Seyfried. (2018, PG, 114min) ★★★★
5.45 **Parenthood** Comedy drama starring Steve Martin. (1989, 15, 124min) ★★★★

10.10 Babes

8.00 **Crazy Rich Asians** Romantic comedy starring Constance Wu and Henry Golding. A professor heads to Singapore with her boyfriend, and is surprised to learn he is from an extremely wealthy family. (2018, 12, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.10 **Babes** Comedy starring Ilana Glazer and Michelle Buteau. Two lifelong friends endure the pros and cons of motherhood in New York. (2024, 15, 104min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.00 M'T **Borat Subsequent Moviefilm** Spoof documentary sequel. (2020, 15, 95min) ★
1.45 AM **My Big Fat Greek Wedding 3** Romantic comedy sequel. (2023, 12, 92min) ★★
3.35 **Dinner for Schmucks** Comedy. (2010, 12, 113min) ★★★
5.40 **to 7.10** AM **Fords on Water** Comedy. (1983, 15) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.40 AM **Antebellum** Mystery. (2019, 15, 105min) ★★
8.35 **Barbarians** As 6.20pm.
10.15 **Poker Face** Crime thriller. (2022, 15, 120min) ★★★
12.00 NOON **Jericho Ridge** Thriller. (2023, 15, 87min) ★★★
1.40 PM **Ocean's Twelve** Thriller sequel. (2004, 12) ★★★★
3.55 **Vanilla Sky** Romantic fantasy. (2001, 15, 136min) ★★★
6.20 **Barbarians** Horror thriller. (2021, 15, 89min) ★★★

6.20 Barbarians

8.00 **Ocean's Thirteen** Caper thriller sequel starring George Clooney, Brad Pitt, Matt Damon and Al Pacino. Charismatic thief Danny Ocean and his gang of crooks plot an elaborate revenge against a megalomaniac casino owner. (2007, PG, 122min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.15 **The Firm** Legal thriller starring Tom Cruise, Jeanne Tripplehorn and Gene Hackman. An ambitious graduate joins a small Memphis law firm and discovers he is working for the Mafia. (1993, 15, 155min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
1.00 AM **Barber** Mystery drama. (2023, 15, 90min) ★★★
2.35 **Desperation Road** Thriller. (2023, 18, 112min) ★★★★
4.30 **to 6.10** AM **Breakdown** Thriller starring Kurt Russell. (1997, 15, 94min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Napoleon Dynamite** Teen comedy. (2004, PG) ★★★★
1.00 PM **The Land That Time Forgot** (1974, PG) ★★★
2.50 **The Muppets Take Manhattan** Comedy. (1984, U) ★★★★
4.40 **The Next Karate Kid** Martial arts adventure sequel. (1994, PG, 104min) ★★
6.50 **The League of Extraordinary Gentlemen** Fantasy adventure. (2003, 12, 110min) ★★

6.50 League of Extraordinary...

The League of Extraordinary Gentlemen
(film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●
9.00 **Prey** Sci-fi thriller prequel to *Predator*, starring Amber Midthunder. An otherworldly creature with cloaking technology hunts 18th-century Comanches on the Northern Great Plains. (2022, 15, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.55 **Venom** Fantasy adventure starring Tom Hardy and Riz Ahmed. (2018, 15, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
1.00 **to 3.55** AM **Maze Runner: The Death Cure** Final part of the sci-fi trilogy based on James Dashner's series of novels, starring Dylan O'Brien, Kaya Scodelario and Ki Hong Lee. (2018, 12, 142min) ★★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema 2025 Recap

302 302 402 502 516

6.00 AM **Timestalker** Fantasy. (2024, 15, 89min) ★★★★
7.35 **A Nice Indian Boy** As 3.30am.
9.20 **Your Monster** As 12.00m't.
11.10 **The Killer** Action thriller. (2024, 15, 125min) ★★★★
1.20 PM **Joker: Folie à Deux** Musical thriller starring Joaquin Phoenix. (2024, 15, 138min) ★★★★
3.45 **The Fall Guy** Action comedy. (2023, 12, 126min) ★★★★
5.55 **Twisters** Disaster drama sequel starring Daisy Edgar-Jones. (2024, 12, 122min) ★★★★
8.00 **Bad Boys: Ride or Die** Action adventure sequel starring Will Smith and Martin Lawrence. (2024, 15, 115min) ★★★
10.00 **Venom: The Last Dance** Fantasy starring Tom Hardy. Eddie Brock and partner-in-crime Venom face dangers from two worlds as the end of their symbiotic relationship grows near. (2024, 15, 110min) ★★★
12.00 M'T **Your Monster** Comedy. (2024, 15, 104min) ★★★★
1.45 AM **I Saw the TV Glow** Horror thriller. (2024, 15, 100min) ★★★
3.30 **A Nice Indian Boy** Comedy. (2024, 12, 96min) ★★★
5.15 **to 6.55** AM **Kill** Crime thriller. (2023, 15, 94min) ★★★

Sky Cinema Greats

304 304 404 504 518

6.00 AM **Ben-Hur** Epic drama. (1959, PG, 212min) ★★★★★
9.45 **The Warriors** Urban thriller. (1979, 15, 94min) ★★★
11.25 **Raiders of the Lost Ark** Steven Spielberg's action adventure. (1981, PG, 115min) ★★★★★
1.25 PM **Indiana Jones and the Temple of Doom** Steven Spielberg's action adventure. (1984, PG, 118min) ★★★
3.25 **Indiana Jones and the Last Crusade** Steven Spielberg's adventure with Harrison Ford. (1989, PG, 127min) ★★★★★
5.35 **Robin Hood: Prince of Thieves** Fantasy adventure starring Kevin Costner. (1991, PG, 138min) ★★
8.00 **Last Action Hero** Action fantasy starring Arnold Schwarzenegger. (1993, 15, 130min) ★★★
10.15 **Midnight Run** Comedy thriller starring Robert De Niro, Charles Grodin and Yaphet Kotto. (1988, 18, 122min) ★★★★
12.25 AM **Hudson Hawk** Action comedy. (1991, 15, 97min) ★★★
2.20 **Money Train** Action comedy. (1995, 18, 110min) ★★
4.25 **Sky Cinema Preview**
5.25 **to 7.20** AM **Brewster's Millions** Comedy starring Richard Pryor. (1985, PG, 97min) ★★★

Sky Cinema Animation

305 305 412 500 514

7.00 AM **Paws of Fury: The Legend of Hank** Animated comedy. (2022, PG, 98min) ★★★
8.50 **Dragon Rider** Animated fantasy. (2020, PG, 91min) ★★★
10.30 **Shrek the Third** Animated sequel. (2007, U, 88min) ★★★★
12.15 PM **Sing** Animated comedy. (2016, U, 108min) ★★★
2.15 **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
3.55 **The Wild Robot** Animation. (2024, U, 102min) ★★★★
5.40 **Monster House** Animation. (2006, PG, 91min) ★★★★
7.25 **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★
9.05 **Open Season** Animated comedy. (2006, PG, 86min) ★★★★
10.40 **Lego DC Comics Super Heroes: The Flash** Animated fantasy. (2018, U, 78min) ★★★
12.10 AM **Spirit: Stallion of the Cimarron** Animated adventure. (2002, U, 84min) ★★★
1.45 **Noah's Ark** Animated adventure. (2024, U, 96min) ★★★
3.30 **Rebellious** Animated fantasy. (2024, PG, 94min) ★★★
5.15 **to 6.40** AM **Batman Unlimited: Mechs vs Mutants** Animated superhero adventure. (2016, PG, 72min) ★★★

Movies 24

312 313 419

7.00 AM **The Christmas Toy Maker** Drama. (2021, PG, 84min) ★★
9.00 **Three Wise Men and a Baby** Comedy. (2022, PG, 90min) ★★
11.00 **The Winter Palace** Romantic drama. (2022, PG, 85min) ★★
1.00 PM **A Holiday Spectacular** Drama. (2022, PG, 90min) ★★
3.00 **Joy For Christmas** Romantic comedy starring Cindy Busby. (2021, PG, 86min) ★★
5.00 **Haul Out the Holly** Festive comedy starring Lacey Chabert. (2022, PG, 90min) ★★
7.00 **Believe in Christmas** Romantic comedy starring Meghan Ory. A woman rediscovers some of the Christmas spirit while taking a festive holiday with her best friend. (2024, PG, 90min) ★★
9.00 **Season's Greetings from Cherry Lane** Festive drama sequel starring Jonathan Bennett and Laura Soltis. (2024, PG, 84min) ★★
11.00 **A Magical Christmas Village** Fantasy. (2022, PG, 84min) ★★
1.00 AM **Hanukkah on Rye** Comedy. (2022, PG, 90min) ★★
3.00 **to 5.00** AM **The Christmas Quest** Drama. (2024, PG) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Look at Life** Documentary.
6.15 **Great Day in the Morning** Western. (1955, PG) ★★★
8.05 **Into the Light with Gilbert Harding** Short film from 1956.
8.25 **Space Patrol** 22/39. (S1)
9.00 **Batman** 24/60. (S2)
9.30 **Richard the Lionheart** (S1)
10.00 **Supercar** 12/26. (S1)
10.30 **Cry Wolf** Drama. (1968, U) ★★★
11.30 **The Adventures of Robin Hood**
12.00 NOON **Phantom from Space** Thriller. (1953, b/w, U, 73min) ★
1.30 PM **The Tornados: Robot**
1.35 **One Step Beyond** 19/22. (S1)
2.10 **Dick Barton: Special Agent**
2.25 **Captain Scarlet and the Mysterons** 26/32. (S1)
3.00 **The Trollenberg Terror**. (1958)
4.40 **The Riddle of the Sands** (1978)
6.45 **Look at Life** Documentary.
7.00 **Maigret** 3/13. (S1)
8.00 **A Family at War** 7/19. (S2)
9.05 **The Anderson Tapes** Heist thriller. (1971, 15, 98min) ★★★
11.05 **Jekyll & Hyde** Horror thriller. (1989, 15, 96min) ★★★
1.00 AM **Brides in the Bath**
3.05 **The Most Dangerous Game** Chiller. (1932, b/w, PG) ★★
4.20 **Rock You Sinners** Musical. (1958, b/w, U, 59min) ★★
5.30 **to 6.00** AM **Out of Town**

SATURDAY Sport

Sky Sports Main Event

401 401 511 501 419 439

6.30 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
8.00 LIVE **International Rugby Union New Zealand v France.** The first Test staged at Forsyth Barr Stadium. Kick-off **8.05am**.
10.00 LIVE **British and Irish Lions Tour NSW Waratahs v British & Irish Lions.** Coverage of the warm-up game at Allianz Stadium in Sydney. Kick-off **11.00am**.
2.15 PM LIVE **Formula 1** The British Grand Prix qualifying session.
4.00 LIVE **Test Cricket England v India.** Coverage of day four of the second Test from Edgbaston.
6.55 LIVE **Vitality T20 Blast Cricket Sussex Sharks v Hampshire Hawks.** Coverage of the South Group match from the 1st Central County Ground, Hove.
8.30 LIVE **International Rugby Union Argentina v England.** The first Test at Estadio Jorge Luis Hirschi, La Plata. Kick-off **8.40pm**.
10.40 **Sky Sports News**
4.30 **to 6.30** AM LIVE **International Rugby Union Australia v Fiji.** The one-off Test match. Kick-off **4.30am**.

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **PL Retro** Manchester United v Liverpool in the 2008/09 season.
11.00 **Premier League Stories**
11.30 **The Big Interview**
12.00 NOON **Premier League Highlights** Recent action.
2.00 PM **Premier League Highlights** Action from West Ham v Brentford.
2.30 Highlights from West Ham v Brighton & Hove Albion.
3.00 West Ham v Crystal Palace.
3.30 West Ham v Everton.
4.00 **Premier League Highlights** West Ham v Ipswich Town.
4.30 West Ham v Southampton.
5.00 Wolves v Arsenal.
5.30 Wolves v Bournemouth.
6.00 Wolves v Ipswich Town.
6.30 Wolves v Leicester City.
7.00 **The Fall and Rise of Leeds United** Documentary.
8.00 **TransfeArw yr 360** Double bill.
9.00 **Gary Neville's Soccerbox**
10.00 **Class of '92: Full Time**
1.00 AM **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **Premier League 100 Club**
5.30 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Cup Highlights**
8.45 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **Old Firm Derby Best Goals**
11.30 **Edinburgh Derby Best Goals**
12.00 NOON **EFL Cup Retro** A chance to see Chelsea v Tottenham Hotspur in the 2015 final.
2.00 PM **Craig Brown: My Scotland**
2.30 **Jimmy Glass: The Great Escape**
3.00 **EFL Greatest Games**
4.00 **Championship Season Review**
5.00 **Best Goals: EFL Cup 2020/21**
5.30 **EFL Trophy** Action from Sunderland v Tranmere Rovers.
6.00 **EFL Cup Retro** Manchester City v Liverpool in the 2016 final.
8.45 **EFL Greatest Games** QPR v Nottingham Forest in 2013/14.
9.00 Brentford v Fulham.
9.15 Highlights from Derby County v Nottingham Forest.
9.30 Norwich City v Ipswich Town.
9.45 Wolves v Leeds United.
10.00 **Championship Season Review**
11.00 **Best Goals: EFL Cup 2021/22**
11.30 **EFL Trophy Football**
12.00 M'T **Championship Retro**
2.00 AM **EFL Greatest Games**
4.00 **EFL Cup** The 2017 final.
5.00 **to 6.00** AM **SPFL Special: Celtic's Invincibles**

Sky Sports Cricket

404 404 514 504 422 442

6.00 AM **Test Cricket** England v India.
7.00 **The Film Room: England v India**
7.30 **Best of England v India**
8.00 **Test Cricket** England v India.
9.00 **Best of England v India**
10.00 **Test Cricket Bitesize**
10.15 LIVE **Test Cricket England v India.** Coverage of day four of the second Test in the five-match series at Edgbaston, Birmingham, as the two teams continue their battle for the newly-named Anderson-Tendulkar Trophy.
6.55 PM LIVE **Vitality T20 Blast Cricket Sussex Sharks v Hampshire Hawks.** Coverage of the South Group match staged at the 1st Central County Ground, Hove. The hosts won this fixture last year by 22 runs.
10.15 **Best of ICC WT20**
10.30 **Test Cricket** England v India.
11.30 **Best of ICC WT20**
11.45 **Test Cricket Bitesize**
12.00 M'T **Vitality T20 Blast Cricket**
3.20 AM **Ashes Greats** Adam Gilchrist.
3.30 **Test Cricket** England v India.
4.30 **Ashes Greats** Player profiles.
5.00 **Best of England v India**
5.30 **to 6.00** AM **Best of England v Windies**

Sky Sports Golf

405 405 515 505 423 443

6.00 AM **PGA Tour Golf**
7.00 **Ladies European Tour Golf**
10.00 **HotelPlanner Tour Golf**
10.30 **Chronicles of a Champion Golfer** Profiles of leading players.
11.30 LIVE **DP World Tour Golf** Coverage of the third day of the BMW International Open.
4.30 PM LIVE **Ladies European Tour Golf** Coverage of day three of the KPMG Women's Irish Open.
5.00 LIVE **PGA Tour Golf** The third day of the John Deere Classic.
11.00 **Chronicles of a Champion Golfer** Profiles of leading players.
12.00 M'T **US Seniors Tour Golf**
2.00 AM **Playing Lessons**
3.00 **Chronicles of a Champion...**
4.00 **PGA Tour Golf**
5.00 **to 6.00** AM **Ladies European Tour Golf**

Sky Sports Tennis

407 407 537 520 425 445

6.00 AM **US Open Classic Matches**
7.00 **WTA Tennis** Bad Homburg Open.
8.00 **ATP Tennis** From Mallorca.
9.00 **WTA & ATP Tennis**
12.00 NOON **ATP Tennis** Madrid Open.
3.00 PM **WTA & ATP Tennis**
6.00 **WTA Tennis** Bad Homburg Open.
7.00 **Adam Hills: Foot Fault**
8.15 **WTA & ATP Tennis**
11.00 **ATP Tennis** Madrid Open.
4.45 AM **ATP Best of Jack Draper**
5.00 **to 6.00** AM **US Open**

TNT Sports 1

410 413 521 408 430

6.30 AM **MotoE Highlights**
7.00 LIVE **AFL Geelong Cats v Richmond Tigers.** Coverage of the match from GMHBA Stadium in Geelong. Bounce-up **7.15am**.
10.00 **Premier League Stories**
10.30 **Cycling: Tour de France**
11.00 **The Ultimate Cycling Show**
12.00 NOON LIVE **Cycling: Tour de France** The opening stage of the men's race, a 184.9km route around Lille. *See feature, page 28.*
5.15 PM **TNT Sports Reload**
5.30 LIVE **FIM Speedway Grand Prix** Coverage of the seventh round of the season at Skrotfrag Arena in Malilla, Sweden.
9.00 LIVE **MLB New York Mets v New York Yankees.** Coverage of the inter-league match staged at Citi Field. Start-time **9.10pm**.
12.15 AM **MotoGP Rewind**
12.30 **UEFA Champions League**
1.30 **British Superbikes**
2.00 **Wimbledon** Highlights from the sixth day of the tournament.
3.30 **Henley Royal Regatta**
4.00 **to 7.00** AM LIVE **AFL Sydney Swans v Fremantle Dockers.** Coverage from Sydney Cricket Ground. Bounce-up **4.10am**.

TNT Sports 2

411 414 522 409 431

6.00 AM **Discovery Golf**
6.30 **TNT Sports Reload**
7.00 **The Ultimate Cycling Show**
8.00 **One Day International Cricket** Sri Lanka v Bangladesh.
9.00 **Test Cricket Highlights** Action from West Indies v Australia.
10.00 **Discovery Golf**
10.30 LIVE **AFL Brisbane Lions v Port Adelaide Power.** Coverage of the match at Brisbane Cricket Ground. Bounce-up **10.35am**.
1.30 PM **MotoGP Rewind**
1.45 **Test Cricket Highlights**
2.45 LIVE **Test Cricket West Indies v Australia.** Coverage of the third day of the second Test in the three-match series staged at Grenada National Cricket Stadium.
11.00 **Henley Royal Regatta** Action from day five of the event.
11.30 **British Superbikes**
12.00 M'T LIVE **MLB Los Angeles Dodgers v Houston Astros.** Coverage of the inter-league match staged at Dodger Stadium. Start-time **12.15am**.
3.15 AM **MLB Plays of the Week**
3.45 **MLB: Off the Bat**
4.15 **MLB Classic** Archive action.
5.45 **to 6.00** AM **TNT Sports Reload**

Sky Sports Action

408 408 517 507 426 446

6.30 AM **Lions Legends**
7.00 **British and Irish Lions Tour**
7.55 LIVE **International Rugby Union New Zealand v France.** The first Test staged at Forsyth Barr Stadium. Kick-off **8.05am**.
10.00 LIVE **British and Irish Lions Tour NSW Waratahs v British & Irish Lions.** Coverage of the warm-up game. Kick-off **11.00am**.
2.00 PM **Lions Legends**
2.45 **Rugby Union Retro**
3.30 **Lions Legends** Ian McGeechan.
3.45 **Rugby Greatest Games**
3.50 LIVE **International Rugby Union South Africa v Italy.** The first Test staged at Loftus Versfeld Stadium. Kick-off **4.10pm**.
6.00 **British and Irish Lions Tour**
7.00 **Lions Legends** Profiles.
8.30 LIVE **International Rugby Union Argentina v England.** The first Test at Estadio Jorge Luis Hirschi, La Plata. Kick-off **8.40pm**.
10.40 **British and Irish Lions Tour**
2.40 AM **Rugby Union** Highlights.
4.15 **My Icon** Maggie Alphonsi.
4.30 **to 6.30** AM LIVE **International Rugby Union Australia v Fiji.** The one-off Test match. Kick-off **4.30am**.

Sky Sports Sky Sports+

412 410 518 508 427 447

6.00 AM **EFL Cup Highlights**
7.00 **Good Morning Sports Fans**
8.00 **State of Origin Rugby League**
8.30 LIVE **NRL Canberra Raiders v St George Illawarra Dragons.** Coverage from GIO Stadium Canberra. Kick-off **8.30am**.
10.35 LIVE **NRL North Queensland Cowboys v Melbourne Storm.** Coverage of the match at Queensland Country Bank Stadium. Kick-off **10.35am**.
12.35 PM **State of Origin Rugby League Highlights**
12.50 **My Icon** Leon Pryce.
1.00 **Sports Saturday**
2.00 LIVE **Ladies European Tour Golf** Coverage of day three of the KPMG Women's Irish Open.
5.00 **Sports Saturday**
6.00 **Sky Sports News**
6.30 **Vitality T20 Blast Cricket**
6.55 LIVE **Vitality T20 Blast Cricket Sussex Sharks v Hampshire Hawks.** Coverage of the South Group match from the 1st Central County Ground, Hove.
10.15 **Sky Sports News**
12.00 M'T **Premier League Darts**
4.00 AM **EFL Cup Highlights**
5.00 **to 6.00** AM **EFL Greatest Games**

Sky Sports Mix

416 412 510 429 449

6.00 AM **My Icon** Maggie Alphonsi.
6.15 LIVE **NRLW Canberra Raiders v St George Illawarra Dragons.**
8.00 **My Icon** Keegan Hirst.
8.15 LIVE **NRLW North Queensland Cowboys v Gold Coast Titans.**
10.00 **Cricket** Highlights and features.
11.30 **Super League** A match replay.
2.15 PM **My Icon** Maggie Alphonsi.
2.30 **Test Cricket** England v India.
3.30 LIVE **Indycar** The Honda Indy 200 at Mid-Ohio second practice.
4.55 LIVE **British F4** The first race.
6.00 **Super League** A match replay.
8.45 **Cricket** Highlights and features.
10.00 **WTA & ATP Tennis**
12.00 M'T **PL Greatest Games**
1.00 AM **Test Cricket** England v India.
2.00 **Playing Lessons**
2.30 **My Icon** Sporting influences.
2.50 LIVE **NRLW Sydney Roosters v New Zealand Warriors.**
4.35 **Ashes Greats** Adam Gilchrist.
4.45 **EFL Greatest Games**
5.00 **to 6.00** AM **Golf Highlights**

TNT Sports 3

413 415 523 410 432

6.00 AM **Premier League** A chance to see Brentford v Arsenal.
7.30 **Premier League** Newcastle United v Manchester United.
9.00 **What I Wore** Mikel John Obi.
9.30 **TNT Sports Cricket Reload**
9.45 LIVE **One Day International Cricket Sri Lanka v Bangladesh.** Coverage of the second ODI in the three-match series from R Premadasa International Stadium in Colombo.
6.30 PM **Discovery Golf**
7.00 LIVE **Longines Global Champions Tour** The eighth stage of the season in Monaco.
9.30 **What I Wore** Mikel John Obi.
10.00 **Wimbledon** The sixth day.
11.30 **TNT Sports Reload**
11.45 **Cycling: Tour de France** Action from the first stage of the race.
12.45 AM **UFC Connected**
1.15 **UFC Reloaded** Archive action.
5.30 **to 6.00** AM **TNT Sports Cricket Reload**

TNT Sports 4

414 416 524 411 434

6.00 AM **UTMB World Series Highlights** Action from Salzburg.
7.00 **MLB: Off the Bat**
7.30 **Henley Royal Regatta**
8.00 **Wimbledon** The fifth day.
9.30 **Ultimate Pool** Pairs Cup.
11.00 **MLB Plays of the Week**
11.30 **MLB: Off the Bat**
12.00 NOON **MLB Highlights**
1.00 PM LIVE **British Superbikes** Coverage of the first day of the fourth round of the season at Knockhill Racing Circuit, Scotland.
6.00 **MLB Highlights**
7.00 **UTMB World Series Highlights**
8.00 **Cycling: Tour de France** Action from the first stage of the race.
9.00 **AFL** A chance to see Essendon Bombers v Gold Coast Suns.
10.30 **AFL** Two match replays.
1.30 AM **Henley Royal Regatta**
2.00 **Premiership Rugby Union**
3.30 **Cycling: Tour de France**
4.30 **British Superbikes**
5.00 **to 6.00** AM **MotoGP Highlights**

Premier Sports 1

419 551

6.00 AM **Motorsport** Highlights.
8.00 **Transworld Sport** Magazine.
9.00 **LaLiga Specials**
10.00 **DTM Highlights** In Zandvoort.
11.00 **Africa Eco Race**
12.00 NOON **Ultimate Karting Championship** At Warden Law.
1.00 PM **World Surf League**
2.00 **NASCAR Highlights**
3.00 **PSA Squash Highlights**
4.00 **Trail Menorca** Recent action.
4.30 **Scottish Rally Championship**
5.00 **LaLiga Specials**
6.00 **Transworld Sport** Magazine.
7.00 **British Minibikes** Round three.
8.00 **Motorsport** Highlights.
9.30 **LaLiga Specials**
10.30 **FIA World Endurance Championship** From Le Mans.
11.30 **UK Independent Kart Racing**
1.00 AM **Transworld Sport** Magazine.
2.00 **LaLiga Specials**
3.00 **Motorsport** Drew Gibson.
4.00 **Sporting Countdowns**
5.00 **to 6.00** AM **PSA Squash**

Premier Sports 2

420 552

6.00 AM **EPCR Challenge Cup**
8.20 **LaLiga Match Highlights**
8.30 **GP Confidential**
9.00 **NHL: This is Hockey**
9.30 **FastZone** Motorsport highlights.
10.00 **Major League Cricket** Another chance to see San Francisco Unicorns v Texas Super Kings.
2.30 PM **Major League Cricket** Another chance to see MI New York v Los Angeles Knight Riders.
7.00 **Bike World** Magazine.
7.30 **CONCACAF Gold Cup** Another chance to see the first semi-final.
9.30 **CONCACAF Gold Cup** A chance to see the second semi-final.
11.30 **LaLiga Specials** Focusing on the top scorers across 2024/25.
12.00 M'T LIVE **CONCACAF Gold Cup** Coverage of the final from NRG Stadium in Houston.
3.00 AM **Football's Greatest**
3.30 **Temples of Sport**
4.30 **Bike World** Magazine.
5.00 **to 6.00** AM **Africa Eco Race**

Sky Sports F1

406 406 516 506 424 444

6.00 AM **Toleman Story**
6.45 **Formula 1** British Grand Prix.
8.00 **The F1 Show** Race preview.
9.00 **Damon on Sir Stirling Moss**
9.10 LIVE **Formula 3** The British Grand Prix feature race.
10.10 **F1 Features**
11.15 LIVE **Formula 1** The British Grand Prix third practice session.
1.10 PM LIVE **Formula 2** Coverage of the British Grand Prix sprint race.
2.15 LIVE **Formula 1** The British Grand Prix qualifying session.
4.55 LIVE **British F4** The first race.
5.40 **F1 Features**
6.45 LIVE **Indycar** Qualifying for the Honda Indy 200 at Mid-Ohio.
8.15 **Formula 1** British Grand Prix.
10.15 **Formula 2** British Grand Prix.
11.15 **Ted's Notebook**
11.45 **Formula 3** British Grand Prix.
12.45 AM **Formula 1**
2.45 **Carlos Sainz & the Lie Detector**
3.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sunday

6 July

Evening Planner

Motorsport

F1: British Grand Prix

C4, Sky Sports Main Event & Sky Sports F1, race starts at 3pm

Could Lando Norris be the first British driver across the finish line at Silverstone?

Documentary

Jimmy Doherty's Big Bear Rescue

C4, 8pm

Cameras follow the efforts of Jimmy as tries to bring two polar bears to Suffolk.

Documentary

Live Aid at 40: When Rock 'n'Roll Took on the World

BBC2, 9pm & 10pm (box set, iPlayer)

Behind the scenes of the charity concerts that took place 40 years ago.

Drama

The Handmaid's Tale

C4, 10pm & Prime Video

After six seasons, June's (Elisabeth Moss) fight for justice for Gilead and the handmaids finally draws to a close.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	‹ 4.30 Wimbledon – Live: Further coverage of day seven of the Grand Slam tournament						10.00 News	10.30 Film: Die Hard 2
	102 BBC2	7.05 Countryfile		8.05 Antiques Roadshow		9.00 Live Aid at 40: When Rock'n'Roll Took on the World			
	103 ITV1	7.10 Football: Women's Euro 2025 – Live: Switzerland v Iceland (Kick-off 8.00)						10.20 News	
	104 CHANNEL 4	7.00 Stacey Solomon's Renovation Rescue		8.00 Jimmy Doherty's Big Bear Rescue		9.00 24 Hours in Police Custody		10.00 The Handmaid's Tale	
	105 5	‹ 6.05 Kate: In Her...	7.30 Meghan: Duchess for Sale?			9.00 Insomnia		10.00 Our Evil Mother: The Ruby Franke...	
	106 SKY SHOWCASE	7.00 F1: British Grand Prix Highlights		8.00 Great Barrier Reef with David...		9.00 7/7: Homegrown Terror		10.15 F1: British Grand Prix...	
ENTERTAINMENT	115 BBC3	7.00 EastEnders		8.00 Film: The Fault in Our Stars				10.00 Such Brave Girls	
	116 BBC4	7.00 Today at the Test		8.00 Andy Pandy		9.00 From Andy Pandy to Zebedee...		10.00 The Lost World of Tibet	
	118 ITV2	‹ 6.20 Film: Star Trek Into Darkness				9.00 Love Island		10.00 Love Island: Aftersun	
	136 MORE4	‹ 6.50 Four in a Bed				9.00 999: On the Front Line		10.00 24 Hours in A&E	
	135 E4	7.00 The Simpsons				9.00 Rick and Morty		10.00 Film: The Spy Who Dumped Me	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Fire Country				10.00 The Rookie	
	108 SKY ATLANTIC	‹ 6.45 Game of Thrones				9.00 True Detective		10.00 The Wire	
	110 U&GOLD	‹ 6.05 Only Fools and Horses			8.25 Dad's Army	9.00 Billy Connolly Does...		10.00 Only Fools and Horses	
	111 U&DAVE	7.00 Border Force: America's Gatekeepers		8.00 Have I Got a Bit More News for You				10.00 QI	10.40 Mock...
	119 ITV3	‹ 6.00 Midsomer Murders		8.00 Doc Martin				10.00 Vera	
	120 ITV4	7.00 Tour de France Highlights		8.00 Film: Rocky					10.30 Film: Creed II
	112 COMEDY CENTRAL	‹ 6.55 Film: You, Me and Dupree				9.00 Film: Private Benjamin			
	139 SKY SCI-FI	7.00 Star Trek: The Next Generation				9.00 Film: Stargate			
	113 SKY MAX	7.00 Agatha Raisin				9.00 Karl Pilkington: The Moaning of Life		10.00 Freddie Fries Again	
	109 U&ALIBI	7.00 Hudson & Rex		8.00 Death in Paradise				10.00 Father Brown	
	130 SKY ARTS	7.05 The Eagles: Live from the LA Forum						10.00 The Agatha Christie Hour	
	132 U&W	7.00 Inside the Ambulance				9.00 Inside the Operating Theatre			
DOCUMENTARY	125 DISCOVERY	7.00 Moonshiners		8.00 Alaska: Homestead Rescue				10.00 Street Outlaws: Locals Only	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Nature's Strangest Mysteries: Solved		9.00 The Zoo		10.00 Tanked	
	129 NAT GEO	7.00 WW2 Wrecks: Draining the Ocean		8.00 Colosseum: Rise and Fall		9.00 The Lost Tomb of Alexander the Great		10.00 Drain the Sunken Pirate City	
	123 SKY HISTORY	7.00 Bomber: Terror of WWII				9.00 Clash of the Gods			
	155 U&YESTERDAY	7.00 Incredible Journeys with Simon Reeve				9.00 Bangers & Cash: Restoring Classics		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Spitfire				9.00 7/7: Homegrown Terror		10.15 The Man Who Bought...	
FILMS – Sky Cinema	301 PREMIERE	‹ 5.40 Joker: Folie à Deux		8.00 William Tell					10.20 Gladiator II
	302 2025 RECAP	‹ 6.10 Venom: The Last Dance		8.00 Fight or Flight			9.45 The Bikeriders		
	303 EPIC WORLDS	‹ 5.00 The Lord of the Rings: The Two...		8.00 The Lord of the Rings: The Return of the King					
	304 GREATS	‹ 6.10 Brewster's Millions		8.00 Junior				10.00 Money Train	
	305 ANIMATION		7.20 Madagascar			9.00 Open Season 2			10.25 Rebellious
	306 FAMILY	‹ 6.00 The Karate Kid			8.10 The NeverEnding Story		9.50 Harriet the Spy		
	307 JURASSIC PARK	‹ 5.30 Jurassic World	7.40 Jurassic World: Fallen Kingdom				9.50 Jurassic Park		
	308 COMEDY	‹ 6.15 Hope Springs		8.00 Mean Girls					
	309 THRILLER	‹ 6.30 Mob Cops		8.00 The Da Vinci Code					
	310 DRAMA	‹ 6.20 The Great Escaper		8.00 One Life				9.55 Young at Heart	
	311 SUPERMAN	‹ 6.35 Superman II			8.45 Superman III				
	313 FILM4	‹ 6.55 Romancing the Stone				9.00 Mrs Harris Goes to Paris			
SPORT	401 MAIN EVENT	‹ 6.30 PGA Tour Golf – Live: The John Deere Classic							
	402 PREMIER LEAGUE	7.00 MNF Special	7.30 PFA Winner	8.00 Transfer 360		9.00 Gary Neville's Soccerbox		10.00 Class of '92: Full Time	
	403 FOOTBALL	‹ 6.00 EFL Cup Retro		8.00 There's Only...	8.30 Dundee United...	9.00 EFL Greatest Games		10.00 Championship Season Review	
	404 CRICKET	7.00 Ashes Greats	7.30 Best of...	8.00 Test Cricket		9.00 Best of England v India			10.30 Best of...
	410 TNT SPORTS 1	‹ 6.30 MLB – Live: New York Mets v New York Yankees (Start-time 6.40); Los Angeles Dodgers v Houston Astros (Start-time 9.10)							
	411 TNT SPORTS 2	‹ 2.45 Test Cricket – Live: West Indies v Australia							

‹ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

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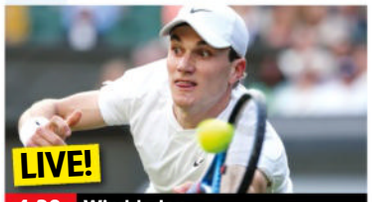
BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.00 **Sunday with Laura Kuenssberg**
10.00 **Politics England** (S)
10.30 **Walking with Dinosaurs** (S)(R)(AD)
11.20 **Songs of Praise** (S)(R)
11.55 **Points of View** New edition (S)
12.10 PM **BBC News** (S)
12.25 LIVE **Wimbledon** Coverage of day seven of the Grand Slam tournament from the All England Club, where men's and ladies' fourth-round singles matches are scheduled to take place. (S)
4.10 **BBC News** (S)
4.30 LIVE **Wimbledon** Clare Balding presents further coverage of day seven of the Grand Slam tournament from the All England Club, where men's and ladies' fourth-round singles matches are scheduled to continue. (S)



4.30 Wimbledon

6 PM **6.00** LIVE **Wimbledon** Clare Balding presents further coverage of day seven from the All England Club, where men's and ladies' fourth-round singles matches are scheduled to continue. Having been in fine form in early rounds, home favourite Emma Raducanu's tournament came to a surprising end when she was beaten 6-2, 5-7, 6-2 by qualifier Lulu Sun, who became the first woman from New Zealand to reach the quarter-finals of Wimbledon in the Open era. It was the furthest Raducanu had progressed in a Grand Slam tournament since winning the 2021 US Open and her joint-best showing at Wimbledon, but she will have gone into this year's event hoping to fare better having recently regained top spot in the British rankings from Katie Boulter. (S)

7 PM

8 PM

9 PM

10 PM **10.00** **BBC News** (S)
10.25 **Local News** (S)
10.30 FILM **Die Hard 2** Action thriller sequel starring Bruce Willis as New York cop John McClane. When terrorists take control of Washington's Dulles airport, McClane is the only man in a position to save the lives of thousands of airborne passengers – including that of his wife. With Bonnie Bedelia, William Atherton and Dennis Franz. (S)(AD) (1990, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.25 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.30 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.20 AM **A to Z of TV Gardening** (S)(R)
7.05 **Take a Hike** (S)(R)
7.35 **Life in a Cottage Garden with Carol Klein** (S)(R)(AD)
8.05 **Countryfile** (S)(R)
9.00 **Beechgrove Garden** (S)(R)
9.30 **Weatherman Walking: The Welsh Coast** (S)(R)
10.00 **This Farming Life** (S)(R)
11.00 LIVE **Wimbledon** Coverage of day seven from the All England Club, featuring men's and ladies' fourth-round singles matches. (S)
3.00 PM LIVE **Wimbledon** Further coverage of day seven. (S)
4.30 LIVE **Football: Women's Euro 2025** Norway v Finland: All the action from both teams' second match in Group A, held at Stade de Tourbillon in Sion, Switzerland. Kick-off is at 5.00. (S)

9.00 Live Aid at 40

LIVE **Football: Women's Euro 2025** (started at 4.30pm)

7.05 **Countryfile** New edition The first of four editions in which Adam Henson gets a glimpse into the daily lives of multi-generational farming families, beginning with the Egglestons in Leicestershire. (S)

8.05 **Antiques Roadshow** Fiona Bruce presents the show from the Royal Botanic Garden Edinburgh, where finds include a set of traditional Highland dress that once belonged to a clan chieftain. (S)(R)

9.00 NEW SERIES **Live Aid at 40: When Rock 'n' Roll Took on the World** 1/3. The behind-the-scenes story of the 1985 concerts. *See feature, page 8.* (S)(AD)
■ Entire series on BBC iPlayer

10.00 **Live Aid at 40: When Rock 'n' Roll Took on the World** New edition 2/3. The success of the Band Aid single and Bob Geldof's subsequent trip to Africa spark a joint fundraising event, with concerts in London and Philadelphia. (S)(AD)
11.00 **Today at Wimbledon** Highlights of the seventh day's play. (S)
12.00 M'T **Today at the Test** England v India: Action from day five of the second Test at Edgbaston. (S)(R)
1.00 AM **Sign Zone: The Moment of Proof** The case of a suspicious fatal house fire. (S)(R)(AD)
1.30 **Sign Zone: Not Going Out** (S)(R)
2.00 **Sign Zone: When Bruce Springsteen Came to Britain** (R)
3.00 **to 6.45** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM FILM **The Secret Life of Pets** Animation. (S)(AD) (2016, U) ★★★
7.25 **James Martin's French Adventure** The Languedoc region. (S)(R)
8.25 **Katie Piper's Weekend Escape** New edition With Eddie Kadi. (S)
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** Talk show. (S)(R)
11.25 NEW SERIES **John and Lisa's Weekend Kitchen** Hosted by John Torode and Lisa Faulkner. (S)
12.25 PM **Alan Titchmarsh's Gardening Club** A coastal garden. (S)(R)
1.25 **Love Your Garden** (S)(R)(AD)
1.55 **ITV News** (S)
2.05 **Ninja Warrior UK** (S)(R)(AD)
3.05 FILM **Thunderball** James Bond adventure starring Sean Connery. (S)(AD) (1965, PG, 145min) ★★★★
5.30 **The Chase Celebrity Special** (S)(R)

11.25 John and Lisa's Weekend...

6.35 **ITV News** (S)
6.55 **Local News** (S)

7.10 LIVE **Football: Women's Euro 2025** Switzerland v Iceland: Seema Jaswal presents coverage of both teams' second Group A match, which comes from Stadion Wankdorf in Bern, Switzerland. The sides were also in the same group in this year's Nations League and the teams could not be separated in their two meetings, drawing 0-0 in Zurich before playing out a 3-3 thriller in Reykjavik. Both teams could argue a case for being the favourites on this occasion, with the Swiss backed by a home crowd, but Iceland boasting much more experience at this level. Kick-off is at 8.00. (S)

10.20 **ITV News** (S)
10.35 FILM **The Magnificent Seven** Western remake starring Denzel Washington and Chris Pratt. A band of gunmen are hired to save a remote frontier town, whose residents are being used as forced labour. With Ethan Hawke, Vincent D'Onofrio and Byung-Hun Lee. (S)(AD) (2016, 12, 140min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.55 AM **Teleshopping**
3.00 **Motorsport UK** Action from the Brands Hatch Indy Circuit. (S)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Tour de France Highlights** Stage two. (S)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.10 AM **Cheers** 21-24/28. (S11) (S)(R)
8.00 **The Simpsons** (S)(R)(AD)
8.55 **Bake Off: The Professionals** 6/10. The teams are challenged to serve up savoury Paris-Brest, savarin and a tiered St Honoré. (S)(R)
10.00 **Sunday Brunch** New edition With guests Steph McGovern, Bettany Hughes, Peter Hooton, and Stuart and Scarlette Douglas. Plus, music from Cian Ducrot. (S)
1.00 PM **The Simpsons** (S)(R)(AD)
1.30 LIVE **F1: British Grand Prix Build-Up** A preview of the 12th round of the season. (S)
2.30 LIVE **F1: British Grand Prix** Coverage of the 12th round of the season, held at Silverstone. Start-time is at 3.00. (S)
5.00 LIVE **F1: British Grand Prix Reaction** Post-race reaction. (S)

10.00 The Handmaid's Tale

6.00 **News** (S)
6.30 **Kirstie and Phil's Love It or List It: Brilliant Builds** Kirstie Allsopp and Phil Spencer look back at one of their biggest builds. (S)(R)(AD)

7.00 **Stacey Solomon's Renovation Rescue** 6/6. Stacey heads to Bradford to help a busy multigenerational household, who dream of creating a spacious kitchen diner to host family feasts. (S)(R)(AD)

8.00 NEW SERIES **Jimmy Doherty's Big Bear Rescue** The farmer tries to relocate two polar bears from Sweden to his wildlife park in Suffolk, after the park they lived in was shut down. *See feature, page 20.* (S)(AD)

9.00 NEW SERIES **24 Hours in Police Custody** 1/2. The inside story of the investigation into a serial rapist who police believe preyed on dozens of women. (S)(AD)
■ Concludes tomorrow

10.00 LAST-EVER EPISODE **The Handmaid's Tale** 10/10. Final episode of the dystopian drama. June reflects on her experiences in Gilead and decides what to do next. *See feature, page 7.* (S6) (S)(AD)
11.05 **Celebrity Gogglebox** (S)(R)(AD)
12.10 AM **F1: British Grand Prix Highlights** From Silverstone. (S)
1.05 **Ramsay's Kitchen Nightmares USA** From Los Angeles. (S)(SL)(R)
1.55 **The Simpsons** (S)(R)(AD)
3.35 **Sarah Beeny's New Life in the Country** (S)(SL)(R)(AD)
4.30 **The Dog Academy** (S)(SL)(R)(AD)
5.25 **Find It, Fix It, Flog It** (S)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.40 AM **Milkshake!**
8.50 **SpongeBob SquarePants** (S)(R)
9.05 **Entertainment News** (S)
9.15 **Cruising with Jane McDonald** Four editions. (S)(R)
1.05 PM **Million Pound Motorhomes** Amanda Lamb and Matt Tebbutt try out motorhoming. (S)(R)
2.00 Following two sisters who have started their own camper conversion business. (S)(R)
3.00 **Yorkshire: A Year in the Wild** The roe deer prepare for the winter ahead. (S)(R)(AD)
4.00 As winter takes its toll, cameras follow grey seal pups at Ravenscar beach. (S)(R)(AD)
5.00 **Dorset: Country and Coast** A visit to the picturesque county town of Dorchester. (S)(R)
5.55 **News** (S)

9.00 **Insomnia**

6.05 **Kate: In Her Own Words** A profile of Catherine, Princess of Wales, uncovering the tale of how she went from an outsider to becoming one of the most prominent members of the Royal Family. (S)(R)
7.30 NEW **Meghan: Duchess for Sale?** A look at the Duchess of Sussex's business empire, asking whether she is building a lasting legacy, cashing in on her royal connections – or both. (S)
9.00 NEW SERIES **Insomnia** *Mummy?* 1/6. Psychological thriller with Vicky McClure. As she nears 40, a lawyer stops sleeping. *Previously on Paramount+.* (S1) (S)(AD)
■ Continues tomorrow
10.00 **Our Evil Mother: The Ruby Franke Scandal** A look at the criminal activity of the influencer. (S)(R)
11.00 FILM PREMIERE **The Ruby Franke Story: Devil Mum** Fact-based drama with Emilie Ullerup and Heather Locklear. (S) (2024, 12, 120min) ★★★
1.00 AM **PlayOJO Live Casino Show**
3.00 **Attack on Pearl Harbor: Declaration of War** (S)(R)
3.50 **The World's Most Expensive Hotels** Brown's Hotel. (S)(R)
4.40 **Paul Martin's Antiques Showdown** A tea set. (S)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 | 109 | 340 | 355

6.00 AM **The Pingu Show** (S)(R)
6.30 **Funny Talking Animals** (S)(R)
6.50 **The Brilliant World of Tom Gates** (S)(R)(AD)
7.05 **Monkey Life** (S)(R)
8.30 **Sunday Morning with Trevor Phillips** Topical discussion.
10.00 **The Simpsons** (S)(R)
11.30 **Discovered by Disaster** (S)(R)
12.30 PM **UFOs: The Lost Evidence** Reports of UFO sightings by pilots and astronauts. (S)(R)
1.30 LIVE **F1: British Grand Prix** The 12th round of the season at Silverstone. Start-time is at 3.00.
5.00 **Hill** A profile of former F1 driver Damon Hill, revealing how he overcame the adversity of losing his father Graham to follow in his footsteps and become world champion himself. (S)(R)(AD)

9.00 **7/7: Homegrown Terror**

Hill (started at 5.00pm)
7.00 **F1: British Grand Prix Highlights** Action from the 12th round of the season, which was held at Silverstone.
8.00 **Great Barrier Reef with David Attenborough** 1/3. The broadcaster returns to the Great Barrier Reef, where new filming techniques are used to learn more about the natural wonder. (S)(R)
9.00 **7/7: Homegrown Terror** Series finale 3/3. Two weeks after 7/7, London is targeted by a second attack, which fails. During the hunt for the bombers, an innocent man is tragically killed. (S)(AD)
10.15 **F1: British Grand Prix Highlights** Action from the 12th round of the season, which was held at Silverstone. (R)
11.15 **And Just Like That...** 6/12. *Sex and the City* revival. (S3) (R)
12.15 AM **Brassic** 6/8. Vinnie and the gang attend a murder mystery evening. (S4) (S)(R)(AD)
1.10 **Road Wars** (S)(R)
2.00 **The Gilded Age** New episode 3/8. Negotiations with the duke begin to disintegrate. (S3)
3.10 **Road Wars** (S)(R)
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
10.00-10.30am Lost and Found in the Lakes (S)(R)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.00-10.30am Sunday Politics (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.00am Politics Wales (S)
10.30pm Euro 2025: Together Stronger (S)(R)
11.30 FILM Die Hard 2 (S)(AD) (1990, 15, 110min) ★★★
1.20-6.00am BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
3.40pm LIVE All-Ireland Championship (S) **5.50** Scandinavia with Simon Reeve (S)(R) **6.50-7.05** Gardening Together with Diarmuid Gavin (S)(R)
11.00 Sunday Politics (S)(R)
11.30 Today at Wimbledon (S) **12.30-1.30am** Today at the Test (S)(R)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **9.00** Y 'Sgubor Flodau **10.00** Garddio a Mwy **10.30** Cynefin **11.30** Taith Bywyd (AD) **12.30pm** Gronyn Gobaith: Cymry Cern **1.30** Ffermio **2.00** LIVE Seiclo: Tour de France **4.45** Darn Bach o Hanes (AD) **5.15** Taith y Llewod **6.10** Pobol y Cwm Omnibws (AD) **7.15** Newyddion a Chwaraeon **7.30** Hafiach (AD) **8.00** Bronwen Lewis: O'r Stafell Fyw **9.00** Seiclo: Tour de France **9.30** Radio Fa'ma (AD) **10.30-11.35pm** Dylan ar Daith

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Kat's day goes from bad to worse. **7.30** Kat is determined to get the truth, and Cindy issues a stern warning.
8.00 FILM **The Fault in Our Stars** Romantic drama based on the novel by John Green, starring Shailene Woodley and Ansel Elgort. Two American teenagers bond at a cancer support group and go on a literary pilgrimage to Amsterdam. (2014, 12, 121 min) ★★★
10.00 **Such Brave Girls** 1/6. Josie's finally at art school and in love, while Billie dates a mature, older man. **10.25** 2/6. Deb takes a gamble on an old flame. (S2)
10.55 NEW **Glastonbury Highlights: Volume 5** Memorable moments.
11.55 **Cuckoo** 3&4/7. (S5)
12.45 AM **What It Feels Like for a Girl** 7/8. Drama. (S1)
1.35 **Ballers: Ball or Nothing**
2.05 **Laugh Lessons**
2.10 **Such Brave Girls** (S2)
3.05 **to 3.55** AM **Cuckoo**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **A Place in the Sun** Seven editions of the series.
3.35 PM **Come Dine with Me** Five editions of the culinary contest from Glasgow.
6.15 **Four in a Bed** The competition gets under way at the Bae Abermaw Hotel in Barmouth, north Wales. **6.50** The second visit is to Rigsby's Guest House in Doncaster, South Yorkshire. **7.25** The third visit is to The Somerset Arms in Semington in Wiltshire.
7.55 **Four in a Bed** The final visit of the week is to The Cross Keys Hotel in Saffron Walden, Essex. **8.25** The owners find out how much they've been paid.
9.00 **999: On the Front Line** New edition A woman's face is visibly drooped on one side, and she can't raise her arm. The paramedics suspect she may be having a stroke – a time-critical emergency.
10.00 **24 Hours in A&E** A rugby player is scanned for spinal damage following a collision, and describes her struggles with mental health issues as she awaits the results.
11.05 **Rescue: Extreme Medics**
12.10 AM **999: On the Front Line** Medical documentary.
1.15 **24 Hours in A&E**
3.25 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Today at the Test** England v India: Action from the fifth and final day of the second Test in the five-match series, held at Edgbaston.
8.00 **Andy Pandy** Four episodes of the classic children's show.
9.00 **From Andy Pandy to Zebedee: The Golden Age of Children's TV** Nigel Planer narrates the story of the struggle to deliver television programmes for children.
10.00 **The Lost World of Tibet** Dan Cruickshank presents the story of the Dalai Lama, with footage of Tibet from the 1930s to the 1950s and comment from the eminent Buddhist monk himself.
11.00 **The Dalai Lama at 80**
11.30 **Mission: JOY with Archbishop Desmond Tutu & the Dalai Lama**
12.55 AM **Timewatch: The Real Bonnie & Clyde**
1.50 **When Blondie Came to Britain** Documentary.
2.50 **to 3.50** AM **From Andy Pandy to Zebedee...**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Hollyoaks Omnibus**
7.10 **Don't Tell the Bride**
8.15 **Ramsay's Kitchen Nightmares USA**
9.20 **Ramsay's 24 Hours to Hell and Back** Triple bill.
12.20 PM **The Big Bang Theory**
3.20 FILM **Transformers: Age of Extinction** Sci-fi adventure starring Mark Wahlberg and Stanley Tucci. (2014, 12, 166min) ★★★
6.30 **The Simpsons** *It's a Mad, Mad, Mad, Mad Marge:* Otto breaks up with his new bride.
7.00 **The Simpsons** Four episodes, including at: **8.00** *In Marge We Trust:* Marge begins work as a church volunteer. **8.30** *Super Franchise Me:* Marge decides to open her own sandwich shop.
9.00 **Rick and Morty** New episode 6/10. Beth and Space Beth get nostalgic. **9.30** 5/10. The duo want to steal from a spaceship. (S8)
10.00 FILM **The Spy Who Dumped Me** Comedy starring Mila Kunis and Kate McKinnon. Two friends are thrust into an international conspiracy when one of them discovers her ex is really a secret agent. (2018, 15, 117min) ★★★
12.15 AM **Gogglebox**
2.25 **First Dates**
3.20 **Gogglebox**
4.15 **to 6.00** AM **Hollyoaks**

+1 hr 235/236 306 30 123 256

Sunday primetime

SUNDAY Entertainment

Sunday

Sky Witness

107 107 110 341 356

6.00 AM **Border Security: Canada's Front Line**
6.30 **Send in the Dogs**
7.30 **Caught Red Handed**
12.00 NOON **Caught on Dashcam**
1.00 PM **Border Patrol** Double bill.
2.00 **Nothing to Declare** Ten editions, including at: **5.30** Three visitors' suspicious behaviour raises alarm bells. **6.00** A Chinese bulk carrier docks in Newcastle, alerting staff to a security breach. **6.30** A couple's travel itinerary raises alarm bells.

8.00 Fire Country

7 PM

7.00 Nothing to Declare A passenger struggles to explain his plans. **7.30** Officers stop a man wearing unusual jewellery.

8 PM

8.00 Fire Country *Off the Rails:* 18/22. The crew respond to a derailed train, but the rescue becomes complicated.

9 PM

9.00 Fire Country *Watch Your Step:* 19/22. The crew respond to an out-of-control blaze at a wellness retreat. (S1)

10 PM

10.00 The Rookie *Til Death:* 5/18. The team search for a killer as Nyla struggles with the aftermath of the attack. (S7)
11.00 **FBI: International** 4/13. (S3)
12.00 M'T **FBI: International** (S3)
1.00 AM **Chicago Fire** 13/13. (S12)
2.00 **Elsbeth** New episode 9/20. A man is found dead in his car. With Eric McCormack. (S2)
3.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Fish Town**
9.00 **Westworld** 6-10/10. (S2)
3.20 PM **Game of Thrones** 6/10. Jorah and Tyrion run into slavers and the Sand Snakes mount an attack. **4.25** 7/10. Jon prepares for conflict, Sansa tries to talk to Theon, and Jaime attempts to reconnect with his family. **5.30** 8/10. Arya makes progress in her training. **6.45** 9/10. Daenerys hosts a much-anticipated celebration of athleticism. (S5)

9.00 True Detective

7.50 Game of Thrones *Mother's Mercy:* 10/10. Cersei finds herself seeking forgiveness in King's Landing, while Daenerys is surrounded by strangers. (S5)

9.00 True Detective *Form and Void:* 8/8. Cohle and Hart finally encounter the scarred man they have been hunting. (S1)

10.00 The Wire *Took:* 7/10. Omar sends Marlo a grisly message and Bubbles shows a Baltimore Sun reporter the ropes. (S5)
11.00 **The Staircase** 7/8. (S1)
12.10 AM **In Treatment** 4/43. (S1)
12.45 **Succession** 10/10. (S1)
2.05 **The Gilded Age** New episode 3/8. George confronts Bertha about Gladys. (S3)
3.15 **The Leftovers** 2/10. (S2)
4.20 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **NCIS: New Orleans** (S7)
9.00 **Grimm** 9-12/22. (S5)
1.00 PM **The Walking Dead: Dead City** 1/6. Maggie's son Hershel is kidnapped. **2.00** 2/6. Armstrong has to revisit a traumatic incident. **3.00** 3/6. Ginny embarks on a daring journey. **4.00** 4/6. Maggie and Negan carry out an attack. **5.00** 5/6. Maggie and Negan travel further into the city. **6.00** 6/6. Tensions between Maggie and Negan finally come to a head. (S1)

7.00 Agatha Raisin

7.00 Agatha Raisin *The Deadly Dance:* 2/4. A scathing news article hurts Agatha's business, but then one of Charles's wealthy friends asks her to investigate a series of death threats. (S3)

9.00 Karl Pilkington: The Moaning of Life 2/5. Karl tries to find out how people achieve happiness.

10.00 Freddie Fries Again 3/6. Andrew Flintoff and Rob Penn head to the south coast of England, where a snake hunt goes awry.
11.00 **The Force: North East**
12.00 M'T **Brassic** 6/8. The gang don fancy dress and join a murder mystery evening at a stately home to gain access to its cellars, which are stocked with valuable vintage wine. (S4)
1.00 AM **The Force: North East**
2.00 **Road Wars** Double bill.
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Totally Bonkers Guinness World Records**
8.00 **Buying the View**
8.25 **Gordon Ramsay's Food Stars USA** Double bill of editions.
10.10 **Deal or No Deal**
12.10 PM **99 to Beat**
1.15 **Celebrity Catchphrase**
2.20 **FILM Spy Kids** Action comedy. (2001, U, 88min) ★★★★
4.10 **FILM Nanny McPhee & The Big Bang** Comedy fantasy sequel with Emma Thompson. (2010, U, 109min) ★★★

10.00 Love Island: Aftersun

6.20 FILM Star Trek Into Darkness Sci-fi adventure sequel starring Chris Pine and Zachary Quinto. The *USS Enterprise* pursues a rogue Federation officer with a secret past. With Benedict Cumberbatch. (2013, 12, 132min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Love Island New edition Reality show in which singletons seeking a romance compete in the hope of finding love.

10.00 Love Island: Aftersun New edition Featuring the latest gossip as well as opinions from a panel of celebrities.
11.05 **Family Guy** 3/21. Quagmire becomes a sex slave. (S12) **11.35** 21/22. Brian wins tickets to a Celine Dion concert. (S11)
12.05 AM **American Dad!** (S11 & 10)
1.05 **CelebAbility**
1.50 **Ruby Speaking** 4/6. (S1)
2.20 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
6.30 **Lewis** *Wild Justice.*
8.35 **FILM Carry On Henry** Comedy starring Sidney James. (1971, PG, 89min) ★★
10.35 **Agatha Christie's Poirot**
12.50 PM **Downton Abbey** Five episodes, including at: **3.55** 6/9. The house is made open to the public. **4.55** 7/9. The Crawleys attend a motor racing event. (S6)
6.00 **Midsomer Murders** *Blood Will Out:* A magistrate is shot after a confrontation with travellers.

8.00 Doc Martin

Midsomer Murders (started at 6.00pm)

8.00 Doc Martin *Listen with Mother:* 7/8. Mrs Tishell visits the surgery – only to find herself falling for Martin again.

9.00 Doc Martin *Departure:* 8/8. Louisa leaves for Spain, while Bert and Jennifer's engagement party goes awry. (S6)

10.00 Vera *The Crow Trap:* DCI Vera Stanhope investigates a murder at a remote cottage in Northumberland.
11.50 **Code of Silence** 5/6. Alison discovers Liam's betrayal and races to stop the gang's heist. **12.50** AM 6/6. Alison is consumed with guilt over her role in the heist. (S1)
1.50 **George and Mildred**
2.15 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **The Repair Shop on the Road** Will Kirk and Dominic Chinea head to Swindon to help repair a plane-shaped bench.
8.00 **Paramedics on Scene** An out-of-control dog attacks its owner.
9.00 **Sally Magnusson: Alzheimer's, a Cure and Me** The broadcaster decides whether to take part in a groundbreaking study.
10.00 **Still Game** 4/9. Jack and Victor acquire a car. (S2)
10.30 **Scot Squad** 3/5. Chief Miekelson is reunited with retired police chief Sir Neville Archibald. (S3)
11.00 **Growing Up Scottish** A light-hearted look at work and house parties.
11.30 PM **to 12.00** M'T **David Wilson's Crime Files: Cold Cases**

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **The Conners** (S4)
10.15 **Entourage** (S7)
1.05 PM **Crashing** (S2)
4.00 **Silicon Valley** (S1&2)
6.50 **The Franchise** 5/8. Dag is recruited to help with Adam's insecurities. **7.25** 6/8. Dan attempts to raise morale, while Eric anticipates a visit from an A-list director. **8.00** 7/8. Dag relishes the chance to play First AD – until a failed stunt leads to chaos. **8.35** 8/8. A revelation spurs Anita, Dan and Dag to take action. (S1)
9.10 **Veep** 1/10. Selina's approval ratings improve. **9.45** 2/10. Selina makes a political faux pas at a hog roast. (S2)
10.20 **Entourage** 1&2/8. (S1)
11.25 **And Just Like That...**
12.25 AM **Somebody Somewhere** (S1&2)
1.35 **Sex and the City** (S6)
2.45 **Hello Ladies** (S1)
3.55 **to 5.00** AM **Fantasmas**

Sky Arts

130/131 114/115 123 36 143 24 350 365

6.00 AM **La Wally**
8.20 **Tales of the Unexpected**
10.45 **Alfred Hitchcock Hour**
12.45 PM **Comedy Legends**
1.40 **Dean Martin: A Legend in Concert**
2.40 **Opry Live**
3.40 **Discovering**
4.40 **Elton John: Million Dollar Piano** At Caesars Palace in Las Vegas.
7.05 **The Eagles: Live from the LA Forum** A performance by the rock band.
10.00 **Agatha Christie Hour**
11.00 **Alfred Hitchcock Hour**
12.00 M'T **Nina Simone: The Lost Album**
1.30 AM **Nina Simone: Live at Montreux 1976**
2.40 **The Rolling Stones: Live at the Marquee**
3.40 **Led Zeppelin: In the Light** Documentary.
5.00 **Discovering: U2**
5.30 **to 6.00** AM **Discovering: Eagles**

Sky Mix

151 158 135 11 141 23

6.00 AM **Border Patrol**
8.00 **Silly Animals**
8.10 **Play Your Pets Right**
8.25 **Isadora Moon**
8.40 **Trolls: Trollstopia**
9.00 **Caught on Dashcam**
10.00 **Star Trek: The Next Generation** (S1)
2.00 PM **Caught on Dashcam**
3.00 **Nothing to Declare**
5.00 **Caught on Dashcam**
6.00 **Caught Red Handed**
8.00 **The Rookie** (S4)
10.00 **NCIS: Los Angeles** *Flesh & Blood:* 5/21. NCIS investigate an arson attack at a naval defence contractor. **11.00** *Glory of the Sea:* 6/21. The NCIS team investigate after Rear Admiral Ted Gordon is abducted from his home. (S14)
12.00 M'T **Caught on Dashcam**
1.00 AM **Send in the Dogs**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Word-based quiz hosted by Adil Ray.
10.00 **Tipping Point** Triple bill of the game show.
1.00 PM **Lingo** Word-based quiz hosted by Adil Ray.
2.00 **In with a Shout** Families from Cambridgeshire and Carlisle compete in the game show hosted by Joel Dommett.
3.00 **Tenable** Double bill of the quiz show hosted by Sally Lindsay.
5.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
6.00 **Lingo** Double bill of the quiz hosted by Adil Ray.
8.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
9.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.00 M'T **In with a Shout** Game show hosted by Joel Dommett.
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 50 48

8.00 AM **Highway to Heaven**
11.00 **Murder, She Wrote**
1.00 PM **Murder, She Wrote** Eight episodes of the drama, including at: **7.00** *Death Takes a Curtain Call:* Jessica investigates the murder of a ballerina. **8.00** *Deadly Lady:* Four sisters are accused of killing their father.
9.00 **Garage Sale Mysteries: The Beach Murder** Crime drama starring Lori Loughlin, Sarah Strange and Steve Bacic.
10.55 **Garage Sale Mysteries: Guilty Until Proven Innocent** Crime drama starring Lori Loughlin and Sarah Strange.
12.50 AM **The Avengers** (S5)
3.00 **Randall and Hopkirk (Deceased)** 9/26. (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Motorsport Mundial**
6.30 **Auto Mundial**
7.00 **Motorsport UK**
7.55 FILM **Carry On Camping** Comedy starring Sidney James and Kenneth Williams. (1968, PG, 88min) ★
9.45 **Football League Legends**
10.00 **Tour de France Highlights**
11.00 LIVE **Tour de France** Gary Imlach presents coverage of the second stage, a 209km route from Lauwin-Planque to Boulogne-sur-Mer.
5.00 PM **Junk and Disorderly**

8.00 Rocky

7.00 **Tour de France Highlights** Action from stage two, a 209km route from Lauwin-Planque to Boulogne-sur-Mer.

8.00 FILM **Rocky** Oscar-winning drama starring Sylvester Stallone as a Philadelphia boxer who gets an unexpected shot at the heavyweight championship. With Talia Shire, Burt Young and Carl Weathers. (1976, PG, 119min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 FILM **Creed II** Boxing drama sequel starring Michael B Jordan. (2018, 12, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM FILM **Police Academy 5: Assignment Miami Beach** Comedy sequel with Bubba Smith, David Graf and Michael Winslow. (1988, PG, 90min) ★
2.30 **The Protectors**
3.00 **Teleshopping**
5.00 **to 5.30** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Stargate Atlantis** Five episodes, including at: **3.00** PM 19/20. The team members defend themselves against the Wraith. (S1)
4.00 **Star Trek: The Next Generation** 24/26. Riker encounters his double. **5.00** 25/26. The *Enterprise* is mysteriously frozen in time. **6.00** 26/26. Part one of two. Data develops the ability to experience rage. (S6)

11.15 Grimm

7.00 **Star Trek: The Next Generation** *Descent – Part Two:* 1/26. Data's brother persuades him to join forces with the Borg.

8.00 **Star Trek: The Next Generation** *Liaisons:* 2/26. Alien ambassadors visit the Enterprise on a cultural exchange. (S7)

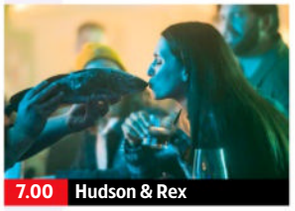
9.00 FILM **Stargate** Sci-fi adventure starring Kurt Russell and James Spader. An Egyptologist and a US military team pass through a teleportation gate leading to another world. (1994, PG, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **Grimm** 12/13. An evil prophecy comes to pass as a dark force arrives in Portland intent on reaching Diana. **12.05** AM 13/13. Last episode of the fantasy drama. Nick faces off against Zerstorer in a climactic battle. (S6)
1.00 **From the Earth to the Moon**
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S16)
10.00 **Inspector George Gently**
12.00 NOON **Father Brown** Four episodes, including at: **3.00** PM *The Alchemist's Secret:* The priest investigates a 300-year-old secret hidden inside a university.
4.00 **Sherlock** 1/3. The detective investigates a strange crime connected to Mary Watson's dark past as an assassin. (S4)
6.00 **Hudson & Rex** 6/8. The president of a beekeeping association is found dead. (S7)


7.00 Hudson & Rex

7.00 **Hudson & Rex** New episode *Kiss the Cod and Make Them Die:* 7/8. A mass poisoning takes place. (S7)

8.00 **Death in Paradise** *Death in the Clinic:* 3/8. A body is discovered floating in the pool of a cosmetic surgery clinic.

9.00 **Death in Paradise** *A Deadly Curse:* 4/8. Treasure hunters arrive to track down a legendary pirate's loot. (S2)

10.00 **Father Brown** *The Sign of the Broken Sword:* The priest investigates when a murder is committed at the local army barracks.
11.00 **Shakespeare & Hathaway: Private Investigators** (S3)
1.00 AM **Pretty Hard Cases** 9/12. Sam and Kelly find themselves at the doorstep of a fraudulent psychic. (S2)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.10 AM **Only Fools and Horses**
12.55 PM **Only Fools and Horses** Seven episodes, including at: **2.15** Del Boy persuades gullible Denzil to lend him his redundancy money. **2.55** The Trotters agree to do a spot of decorating for Denzil – but their efforts are undone by a dead canary. **3.30** As shown at 7.45pm. **4.10** As shown at 10.00pm. **6.05** Christmas special from 1990. Rodney leaves home after a row with Cassandra.

7.45 Only Fools and Horses

7.45 **Only Fools and Horses** Del seizes a chance to improve his social standing by launching a chandelier-cleaning business.
8.25 **Dad's Army** Mainwaring sets up an observation post in a local lighthouse.

9.00 **Billy Connolly Does...** The veteran comedian discusses everything from bedroom politics to the race to conquer space.

10.00 **Only Fools and Horses** Christmas special from 1989. The Trotters go on a day trip to Margate.
12.00 M'T **Back to Life** First episode of the dark comedy drama. **12.35** AM Miri starts work at Nathan's fish and chip shop. **1.10** Miri and Billy head to the local amusement park.
1.50 **Billy Connolly Does...**
2.50 **Back to Life**
3.20 **to 4.00** AM **Dad's Army**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Gordon's Great Escape**
8.00 **Storage Hunters UK**
8.30 **Our Guy in Russia**
9.30 **Speed with Guy Martin: Classic F1 Special**
11.00 **Top Gear** Double bill.
1.00 PM **Storage Hunters UK**
3.00 **Hairy Bikers' Best of British**
5.00 **Our Guy in Russia** Guy Martin travels across the country, beginning in Moscow, where he rides with a biker gang.
6.00 **Ireland with Simon Reeve** 1/2. Simon explores the history of the island of Ireland.

7.00 Border Force

7.00 **Border Force: America's Gatekeepers** New edition Officers find a suspicious compartment within a truck returning to Texas.

8.00 **Have I Got a Bit More News for You** Jo Brand hosts the satirical current affairs quiz, with guests Rylan and Robert Peston.

9.00 **Have I Got a Bit More News for You** Bill Bailey hosts the satirical quiz, with guests Fin Taylor and Dawn Butler MP.

10.00 **QI** With Jimmy Carr, Rob Brydon and Bill Bailey.
10.40 **Mock the Week** With Milton Jones, Ed Byrne and Chris Ramsey.
11.20 **Mock the Week** With Greg Davies and Gary Delaney.
12.00 M'T **Live at the Apollo** Kae Kurd introduces sets by Laura Smyth and Liam Farrelly.
1.00 AM **Schitt's Creek**
3.00 **to 4.00** AM **Dave Gorman: Modern Life Is Goodish**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Four in a Bed**
2.00 PM **George Clarke's Amazing Spaces**
4.00 **A Place in the Sun** Four editions, including at: **7.00** A teacher looks for a holiday home in Puglia.
8.00 **Supercruising: Life at Sea** 1/8. Following life on luxury cruise ships.
9.00 **Celebrity Gogglebox** Famous faces appraise the week's television.
10.00 **Celebrity Gogglebox for Stand Up to Cancer** Opinions on *First Dates* and *Only Connect*.
11.00 **The World's Biggest Cruise Ship** The construction and launch of the *Icon of the Seas*.
12.00 M'T **Dover 24/7: Britain's Busiest Port**
1.05 AM FILM **American Woman** Drama starring Sienna Miller. (2018, 15, 111min) ★★★★
3.10 **Sky Coppers**
4.15 **to 4.45** AM **A Place in the Sun**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **Blue Bloods** (S5)
1.00 PM **NCIS** Eight episodes of the drama, including at: **6.00** *Trapped:* 6/24. A petty officer is found dead on a golf course. **7.00** *Burden of Proof:* 7/24. Gibbs investigates a potential miscarriage of justice. **8.00** *Voices:* 8/24. A mysterious voice leads a jogger to the scene of a murder. (S15)
9.00 **NCIS: Hawaii** *Silent Invasion:* 14/22. A former member helps the team with a potential copycat killer. (S2)
10.00 **Law & Order: Special Victims Unit** *Friending Emily:* 6/24. A girl disappears at a college party in Manhattan. (S14)
11.00 **Law & Order: Special Victims Unit**
2.50 AM **The Good Wife**
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Nightmare Tenants, Slum Landlords**
1.00 PM **Traffic Cops**
5.00 **Police Interceptors** Four editions, including at: **7.00** The firearms team look for two men seen with a sawn-off shotgun. **8.00** An officer deals with reports of shotgun and machete offences.
9.00 **999: Emergency Call Out** A stolen car has crashed on a residential street in Kent, trailing destruction in its wake.
10.00 **Surgeons: A Matter of Life or Death** A surgeon hopes that he can help a patient with an aneurysm just above his heart.
11.00 **Skin A&E** A patient with infectious warts.
12.00 M'T **Banged Up Abroad**
2.05 AM **Prodigal Son** (S2)
3.35 **to 4.00** AM **Motorway Patrol**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Trucking Hell**
9.15 **101 Near Misses**
10.15 **Ice Road Truckers**
12.15 PM **Trucking Heavy**
2.15 **Trucking Hell**
3.15 FILM **Abilene Town** Western starring Randolph Scott. (1946, b/w, 15, 91min) ★★
5.20 FILM **In Old California** Western adventure with John Wayne. (1942, b/w, PG, 88min) ★★
7.10 FILM **High Noon** Western starring Gary Cooper, Grace Kelly and Katy Jurado. (1952, b/w, U, 85min) ★★★★★
9.00 FILM **High Plains Drifter** Western starring Clint Eastwood. A mysterious gunslinger is hired to protect a remote frontier town from three vengeful outlaws. (1972, 18, 105min) ★★★★
11.05 **Belmarsh: Serial Killers & High Security**
1.05 **to 4.00** AM **Fights, Camera, Action!**

U&W

132/133 131/133 125 25 156 28

6.10 AM **Tipping Point**
11.00 **My Family**
3.00 PM **Outnumbered**
7.00 **Inside the Ambulance** The team assist a student with a life-threatening condition. **8.00** A woman who might be having a stroke receives help.
9.00 **Inside the Operating Theatre** A man has an ultrasound to find out if he needs surgery. **10.00** A teenager has two teeth extracted.
11.00 **Louis Theroux Interviews... Stormzy**
12.00 M'T **Louis Theroux Interviews... Dame Judi Dench**
1.00 AM **Who Killed Jenni Rivera?** 3/3. Police learn that two people on the plane had alleged ties to the cartel.
1.55 **to 3.00** AM **Interior Design Masters with Alan Carr**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.00 AM **Birds of a Feather**
7.45 **The Bill**
12.40 PM **Lark Rise to Candleford** Double bill.
3.20 **Catherine Cookson's Colour Blind** Drama starring Niamh Cusack.
6.40 **Upstairs Downstairs**
8.00 **Sister Boniface Mysteries** *Love and Other Puzzles:* 3/10. When a local resident is found dead, with their face covered in cream next to an unfinished jigsaw, it becomes clear to Sister Boniface a pattern is forming across several cases. (S1)
9.00 **Silent Witness** *Intent:* The death of an insurance investigator from cyanide poisoning results in Leo being investigated for fraud.
11.15 **The Chelsea Detective**
1.15 AM **Hamish Macbeth**
2.25 **to 3.10** AM **Outrageous**

+1 hr 243 316 60 260

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** In East Sussex.
7.00 **Teleshopping**
8.00 **Fantasy Homes by the Sea** Double bill.
10.00 **My Dream Derelict Home in the Sun**
12.00 NOON **Who Do You Think You Are?**
2.00 PM **Long Lost Family**
3.00 **A Place in the Sun**
7.00 **Long Lost Family: What Happened Next** Catching up with a divorced couple who were reunited with the son they gave up for adoption as teenagers. **8.00** Catching up with a woman who was reunited with her birth mother in Australia.
9.00 **Dr Pimple Popper** Triple bill of editions.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Fantasy Homes by the Sea**

Challenge

145 159 139 48 142 43

7.00 AM **The Bidding Room**
9.00 **Tenable** Double bill.
11.00 **Play Your Cards Right**
12.00 NOON **Pointless Celebrities** Quiz.
1.00 PM **Richard Osman's House of Games**
3.00 **Through the Keyhole**
4.00 **Tenable** Five friends who go fishing together take part in the quiz. **5.00** A team of five called Young's Offenders compete in the quiz.
6.00 **The Chase Celebrity Special** With Colin Baker, David Weir, Chelsee Healey and Alex Horne.
7.00 **The Chase** Double bill of the quiz show.
9.00 **The Chase Celebrity Special** With Sarah Willingham, Shaun Ryder, Eddie Edwards and Michelle Dewberry.
10.00 **The Chase** Six editions.
4.00 AM **The Chase Celebrity Special**
5.00 **to 6.00** AM **The Chase**

GREAT! action

323 319 426 42 33

8.00 AM **Wild West Chronicles** Western.
8.30 **Wanted: Dead or Alive**
10.00 **FILM The War Lover** Wartime drama. (1962, b/w, PG, 105min) ★★★
12.20 PM **FILM Sink the Bismarck!** World War Two naval drama. (1959, b/w, U, 97min) ★★★
2.30 **FILM Man of the West** Western. (1958, 12) ★★
4.45 **FILM Vera Cruz** Adventure. (1954, PG, 94min) ★★★
6.50 **FILM Cat Ballou** Western spoof. (1965, PG, 96min) ★★★★
9.00 **FILM Lawman** Western. (1970, 15, 99min) ★
11.15 **FILM War of the Wildcats** Western. (1943, b/w, U) ★★
1.35 AM **FILM End of the World** Sci-fi comedy. (2013, 12, 85min) ★★★
3.30 **to 5.00** AM **Wild West Chronicles**

+1 hour 324 319

GREAT! movies

321 318 425 34 32

9.10 AM **Heathrow: Britain's Busiest Airport**
10.50 **FILM Garage Sale Mystery** Crime drama. (2013, PG, 90min) ★★
12.50 PM **FILM Garage Sale Mystery: All That Glitters** Crime drama. (2014, PG, 87min) ★
2.45 **FILM Little Women** Contemporary drama. (2018, 12, 113min) ★★
5.10 **FILM Shockwave: Countdown to Disaster** Thriller. (2017, 12) ★★
7.00 **FILM 10,000 Days** Sci-fi drama. (2014, 12) ★
9.00 **FILM Eliminators** Thriller. (2016, 15, 94min) ★★
11.05 **FILM Garage Sale Mysteries: The Novel Murders** (2016, PG) ★★
1.00 AM **FILM Dating to Kill** Thriller. (2019, 12) ★★
3.00 **Air Rescue** Double bill.
4.00 **to 6.00** AM **FILM Treacherous** Thriller. (2018, 15, 90min) ★★

+1 hour 322 318

GREAT! romance

319 317 424 52 47

8.00 AM **FILM Just My Type** Romantic comedy. (2020, PG, 84min) ★★
10.05 **FILM A Feeling of Home** Romantic drama. (2019, PG, 90min) ★★
12.00 NOON **FILM Love, Alaska** Comedy. (2019, PG, 95min) ★★
2.00 PM **FILM Right in Front of Me** Romantic comedy. (2021, PG, 84min) ★★
4.00 **FILM Summer Love** Romantic drama. (2016, PG, 83min) ★★
6.00 **FILM October Kiss** Drama. (2015, PG) ★★
8.00 **FILM Taking the Reins** Romantic comedy. (2021, PG, 84min) ★★
9.50 **FILM A Little Daytime Drama** Comedy. (2021, PG, 90min) ★★
11.50 **FILM Cooking Up Love** Drama. (2020, PG) ★★
1.55 **Highway to Heaven**
3.00 **to 5.00** AM **FILM Right in Front of Me** (2021)

+1 hour 320 317

Rewind TV

182 81 141

6.00 AM **I Dream of Jeannie**
7.30 **The Monkees** (S1)
9.00 **A Sharp Intake of Breath** 1&2/6. (S2)
10.00 **Please Sir!** (S4)
11.30 **Doctor in the House**
12.00 NOON **That's My Dog**
1.00 PM **In Loving Memory**
2.00 **From Here to Eternity**
4.00 **Secrets of the Coast**
4.30 **Tracing the Rails**
5.00 **Walking Westward**
5.30 **FILM Where There's a Will** Comedy. (1936, b/w, U, 81min) ★★★
6.35 **Auto Rewind**
6.50 **Mysterious Tales**
7.00 **Police Woman** (S1)
8.00 **Blue Thunder** 9/11. (S1)
9.00 **The Fantastic Journey**
10.00 **Brass** 4&5/6. (S3)
11.00 **Please Sir!** (S4)
12.30 AM **From Here to Eternity** 2/3. (S1)
2.30 **The Fantastic Journey**
3.30 **Doctor in the House**
5.00 **to 6.00** AM **A Sharp Intake of Breath**

DMAX

159 152 169 39 147 35

6.00 AM **Baggage Battles**
10.00 **Junkyard Empire**
2.00 PM **Kindig Customs**
5.00 **Bad Chad Customs**
7.00 **Expedition Bigfoot** Mireya agrees to act as bait to lure out Bigfoot. **8.00** Russell records thermal imagery that he believes is Bigfoot.
9.00 **Legendary Locations** A miraculous pyramid in Central America and ancient Greek myths. **9.30** Josh Gates visits places where legends never die in Romania, Japan and Germany. **10.00** Josh investigates a remote island where cats outnumber humans. **10.30** Josh explores the disappearance of a millionaire in Malaysia.
11.00 **Expedition X**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Man v Food with Casey Webb** Eight editions.
12.00 NOON **Tom Kerridge Secrets of the Pub Kitchen** Double bill.
1.00 PM **James Martin's United Cakes of America** Four editions.
3.00 **Great British Bake Off**
9.00 **Tom Kerridge Barbecues** The chef shares his passion for cooking outside. **9.30** Tom takes inspiration from the US barbecue culture. **10.00** The chef gets experimental, with a recipe for a chorizo pork burger tower. **10.30** The chef makes a Middle Eastern feast.
11.00 **Tom Kerridge Barbecues** Four editions.
1.00 **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

7.00 AM **FILM Tornado Warning** Sci-fi thriller. (2012, PG, 90min) ★★
9.00 **The Fall Guy** (S1)
2.00 PM **FILM The Last Command** Western with Sterling Hayden. (1955, PG, 110min) ★★★
4.05 **FILM The Lone Ranger and the Lost City of Gold** Western starring Clayton Moore. (1958, U, 80min) ★★★★
5.40 **FILM Gold** Adventure starring Roger Moore. (1974, 12, 124min) ★★
8.00 **The Twilight Zone** (S1)
9.00 **FILM Criminal** Thriller starring Kevin Costner. (2015, 15, 113min) ★★★
11.15 **FILM Night Hunter** Thriller with Henry Cavill. (2018, 15, 88min) ★★
1.10 AM **FILM A Kiss Before Dying** Crime thriller. (1991, 18, 90min) ★★
3.00 **to 4.50** AM **FILM Peripheral** Sci-fi horror. (2018, 18, 90min) ★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **FILM Charro!** Western starring Elvis Presley and Ina Balin. (1969, U, 98min) ★
8.00 **FILM Asteroid-a-geddon** Adventure starring Eric Roberts. (2020, PG, 90min) ★★
10.00 **FILM The Pledge** Western with Luke Perry and Kim Coates. (2008, PG, 79min) ★★★
12.00 NOON **The Curse of King Tut's Tomb**
4.00 PM **The A-Team** (S3)
9.00 **FILM Beware! The Blob** Sci-fi comedy sequel with Robert Walker Jr. (1972, 15, 87min) ★★
10.50 **FILM Beware My Brethren** Thriller with Tony Beckley, Suzanna Leigh and Ann Todd. (1972, 15, 98min) ★★
12.50 **to 3.00** AM **FILM The Guest** Thriller with Dan Stevens. (2014, 15, 100min) ★★★★

+1 hour 318 316 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Auction Hunters**
8.00 **Junk and Disorderly**
10.00 **UFO Hunters**
12.00 NOON **Evidence of the Unexplained**
1.00 PM **UFOs: Why Are They Here?**
2.00 **The Mystery of the Holy Lance**
3.10 **Nostradamus: 21st Century Prophecies Revealed** Documentary.
5.00 **The Next Nostradamus**
7.00 **Cities of the Underworld**
8.00 **Curse of Skinwalker Ranch** The team perform a massive experiment.
9.00 **Sex: A Bonkers History**
10.00 **Royal Autopsy**
11.00 **Royal Murder Mysteries**
12.00 M'T **Alien Corridors**
1.00 AM **Alien Disclosure Files** Documentary.
1.30 **Close Encounters**
2.00 **My Paranormal Nightmare**
3.00 **Haunted Hospitals**
4.00 **to 6.00** AM **Irish Pickers**

5SELECT

153 166 138 46 133 30

9.00 AM **The Wonderful World of Chocolate**
9.30 **The Omaze Dream House: Are You Missing Out?** Documentary.
10.30 **Charlie Bigham: Britain's Poshest Ready Meal?**
11.30 **Columbo** Five episodes of the drama, including at: **7.00** PM *Death Hits the Jackpot:* A greedy jeweller murders his lottery-winning nephew and keeps his money.
9.00 **Queen's 30 Greatest Moments** The rock band's career highlights.
11.00 **Elvis: The Man That Rocked the World** A profile of rock 'n' roll pioneer Elvis Presley.
1.00 AM **Nazi Megastructures**
2.00 **Venice's Lost Empire: Drain the Oceans**
3.00 **The Wild West: Drain the Oceans**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **My Lottery Dream Home** Eight editions.
11.00 **Escape to the Country**
1.00 PM **Escape to the Country** Five editions of the series in which people set out to find their ideal rural retreats with the help of a property expert.
6.00 **Castle Impossible** To continue their builds for ongoing château renovations, Daphne Reckert and Ian Figueira aim to transform one of the 28 horse stables into a dedicated workshop.
7.00 **A Place in the Sun** Six editions of the series in which people are taken to see properties for sale in a foreign country that they hope to move to or frequently holiday in.
1.00 **to 4.00** AM **Bargain Mansions**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Say Yes to the Dress: Lancashire**
8.00 **Say Yes to the Dress**
10.00 **Little People, Big World**
12.00 NOON **Extreme Cheapskates**
1.00 PM **My 600lb Life**
5.00 **sMothered**
6.00 **Sister Wives**
7.00 **Good Bones**
8.00 **Me or the Menu**
9.00 **Polyfamily** Alysia and Sean take an awkward intimacy workshop.
10.00 **Trixie Motel: Drag Me Home** Trixie Mattel and her partner enlist Christine Quinn to find them a first home.
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Couponing**
2.00 **Trixie Motel: Drag Me...**
3.00 **Sex Sent Me to the ER**
4.00 **Me or the Menu**
5.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Friends**
1.00 PM **Friends**
5.55 **Bradley & Barney Walsh: Breaking Dad** Barney celebrates his birthday with a trip to the iconic Niagara Falls. **6.25** The pair continue through the snow to New Hampshire.
6.55 **FILM You, Me and Dupree** Comedy starring Owen Wilson, Kate Hudson, Matt Dillon and Michael Douglas. (2006, 12, 109min) ★★★
9.00 **FILM Private Benjamin** Romantic comedy drama with Goldie Hawn and Eileen Brennan. (1980, 15, 110min) ★★★
11.10 **South Park** (S8)
12.10 AM **Whose Line Is It Anyway? USA**
1.10 **Absolutely Fine**
1.40 **Whose Line Is It Anyway? USA**
3.25 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Criminally Funny**
5.00 PM **Whose Line Is It Anyway? USA**
7.00 **Friends** 3/24. Rachel reveals the identity of the father of her baby. **7.30** 4/24. Ross and Rachel argue about why they slept together. **8.00** 5/24. Ross learns that Rachel has a date. **8.30** 6/24. Phoebe is attracted to her twin sister's fiancé. (S8) **9.00** 14/25. Chandler dates a woman with a prosthetic leg. **9.30** 16/25. Ross tries to prevent Rachel discovering he slept with Chloe from the photocopying shop. (S3)
10.00 **Friends** (S3&4)
2.00 AM **Impractical Jokers**
3.00 **Criminally Funny**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay

152 160 156

7.00 AM **Four Weddings**
9.00 **Border Patrol**
11.00 **Nothing to Declare**
1.00 PM **New Amsterdam**
6.00 **The Real A&E**
9.00 **Stella** 1/11. Stella decides to focus on work and family – although a handsome lawyer proves distracting. **10.00** 2/11. Stella's HRT causes her sex drive to go up a notch or two. **11.00** 3/11. Things improve between Stella and Michael when she treats him for a bloody nose at the hospital. **12.00** M'T 4/11. A truce is called when Stella lets Michael use her shower. **1.00** AM 5/11. Stella's skills are tested when she injures Michael. (S3)
2.00 **The Russell Howard Hour** Highlights of the fourth series.
3.00 **to 6.00** AM **Four Weddings**

MTV

126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **Teen Mom: Young & Pregnant** Reality series.
7.15 **Teen Mom OG**
9.00 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: On the Run**
2.00 **Catfish: The TV Show** Seven editions of the series, including at: **8.00** Eric fell hard for Lianna, but despite living nearby, she was a no-show when they arranged to meet.
9.00 **Teen Mom UK: Next Generation** Whitney goes into labour.
10.00 **Ink Master** Sixteen new artists enter the contest.
11.00 **Jersey Shore Family Vacation** Vinny thinks he has a fever.
12.00 M'T **Caught in the Act: Unfaithful**
1.00 AM **Plastic Surgery Knifemares**
2.00 **Catfish: The TV Show**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Kindig Customs**
12.00 NOON **Alaska: The Last Frontier** Six editions of the series, including at: **2.00** PM Warm weather brings rain to the homestead. **3.00** Eivin and Eve clear a tangle of old nets endangering fish in a nearby river. **4.00** Eivin guides August on his first-ever deer hunt **5.00** The Kilchers prepare for the winter months.
6.00 **Filthy Fortunes** The team take on a rock star mess to find classic guitars and amps.

7.00 Moonshiners

7.00 **Moonshiners** New edition To save his run of sorghum liquor, Tickle poaches pumpkins from his wife's patch.
8.00 **Alaska: Homestead Rescue** In Aloha State, a Hawaiian family struggle to homestead between two active volcanoes. The Raneys build a fortified garden and a hunting blind.
10.00 **Street Outlaws: Locals Only** The fastest small-tyre racers in VA come to show off their skills, and the competition is fierce.
11.00 **Wheeler Dealers World Tour** Mike and Elvis offer their expertise to a Youtuber on his ambitious McLaren P1 build.
12.00 M'T **Alaskan Bush People** The family confront Bam.
1.00 AM **Alaskan Bush People**
4.00 **to 5.00** AM **How It's Made: Dream Cars**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Behaviourist Jackson Galaxy helps to tame aggressive cat Symone. **4.00** Feline Puma is resentful of its owner's new husband.
5.00 **Animal Cribs** Antonio Ballatore and his team build a cats-only treehouse.
6.00 **Bad Dog!** Footage of a cat knocking over a Christmas tree.

8.00 Nature's Strangest...

7.00 **How Do Animals Do That?** How hummingbirds can fly backwards. **7.30** What a dog is saying when it wags its tail.
8.00 **Nature's Strangest Mysteries: Solved** A spider that sparkles. **8.30** A raccoon scales a skyscraper in Minnesota.
9.00 **The Zoo** Max, a beloved camel, develops a large abscess on his head, and a marmot prepares for its first classroom visit.
10.00 **Tanked** Brett Raymer and Wayde King build a giant aquarium for the owners of Creek Casino.
11.00 **Alaska: The Last Frontier** Atz and the family head out on a black bear hunt.
12.00 M'T **Fish or Die**
1.00 AM **Shark Vortex**
2.00 **Alaskan Bush People**
3.00 **Nature's Strangest Mysteries: Solved**
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Disaster Autopsy**
10.00 **Air Crash Investigation**
1.00 PM **Hitler's Last Stand**
3.00 **Secret Nazi Science** How Nazi Germany fostered air clubs to gain aerial supremacy.
4.00 **Hitler the Junkie** An exposé of the medications Adolf Hitler was taking.
5.00 **Apocalypse: Hitler Takes on the East** The German invasion of the USSR in World War Two. **6.00** In October 1941, Hitler believes his triumph over the USSR is imminent.

8.00 Colosseum: Rise and Fall

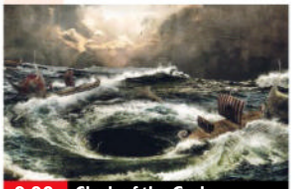
7.00 **WW2 Wrecks: Drain the Oceans** Documentary examining shipwrecks from World War Two on the seabed.
8.00 **Colosseum: Rise and Fall** New edition New discoveries and research reveal the history of Rome's Colosseum.
9.00 **The Lost Tomb of Alexander the Great** Pepi Papakosta goes in search of the conqueror's final resting place.
10.00 **Drain the Sunken Pirate City** Experts investigate the fate of Port Royal, which was known as 'the wickedest city on Earth.'
11.00 **To Catch a Smuggler** HSI shut down a tunnel dug under the border by a cartel.
12.00 M'T **Inside Airport Lost & Found** Documentary.
1.00 AM **Air Crash Investigation**
2.55 **Food Factory** Double bill.
3.45 **Money Meltdown**
4.35 **to 5.00** AM **Trials of the Wild**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Discovered by Disaster**
7.00 **Pawn Stars** Six editions.
10.00 **Beyond the Myth: The SS Unveiled** Four editions.
2.00 PM **Storage Wars** Six editions of the series, including at: **4.30** Darrell presses his luck with a smaller locker.
5.00 **Colosseum** Docu-drama telling the story of the rise and fall of the Roman Empire. **6.00** Haterius is tasked with constructing a network of tunnels underneath the floor of the Colosseum.


9.00 Clash of the Gods

7.00 **Bomber: Terror of WWII** Investigating how the bombing of Tokyo demonstrated the power of the B-29 bomber.
8.00 **Bomber: Terror of WWII** Adolf Hitler's 'miracle' weapons – the V1 cruise missile and the V2 ballistic missile.
9.00 **Clash of the Gods** Exploring the legend of Odysseus, the Greek king of Ithaca.
10.00 **Clash of the Gods** Divers examine remains that date back thousands of years, and may be a direct link to Odysseus.
11.00 **Secrets Declassified with David Duchovny** Declassified files reveal bizarre military weapons plans.
12.00 M'T **The UnBelievable with Dan Aykroyd** Dan explores how one-of-a-kind crimes are often met with one-of-a-kind punishments.
1.00 AM **Storage Wars**
4.00 **to 6.00** AM **Ancient Aliens**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Antiques Roadshow**
11.00 **Bangers & Cash**
12.00 NOON **Bangers & Cash: Restoring Classics**
1.00 PM **Canal Boat Diaries** Six editions, including at: **4.00** Robbie Cumming explores London's canals as he returns to where his boating life began. **5.00** Robbie mends a leaky pump on the *Naughty Lass*. **6.00** Robbie navigates the wintery Grand Union Canal while preparing for Christmas.

9.00 Bangers & Cash...

7.00 **Incredible Journeys with Simon Reeve** Simon looks back on wildlife stories he has discovered on his travels.
8.00 **Incredible Journeys with Simon Reeve** The challenge of preserving unspoilt wildernesses.
9.00 **Bangers & Cash: Restoring Classics** The team take on a three-wheeled wonder – the Reliant Robin.
10.00 **Bangers & Cash** Tucked away in the showroom is a World War Two-era Willys Jeep in its original condition.
11.00 **Bangers & Cash** A beautiful, red 1957 Austin Healey goes under the hammer. **12.00** M'T Derek collects a modified 1936 Wolseley 14/56. **1.00** AM Paul picks up a rare 1960 Vauxhall Cresta PA Friary estate in dusky pink. **2.00 to 3.00** AM A vivid Dutch DAF 66 arrives.

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Sunday

Quest

144 149 137 12 144 17

6.00 AM **Massive Engineering Mistakes**
8.00 **Find It, Fix It, Flog It**
12.00 NOON **Money for Nothing** Double bill.
2.00 PM **The Repair Shop**
6.00 **The Yorkshire Auction House** A widow returns from Italy, bringing with her Soviet propaganda.
7.00 **Celebrity Yorkshire Auction House** Angus helps Phil Daniels with 1960s and 1970s goodies in his Yorkshire home.
8.00 **The Repair Shop** Restoring a watch with an extraordinary history. **9.00** The experts repair a camera, a toy rabbit and a draughts board.
10.00 **The Repair Shop**
12.00 M'T **Massive Engineering Mistakes**
2.00 AM **Curse of the Bermuda Triangle**
4.00 **to 5.00** AM **How It's Made**

+1 hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes to the Dress: UK** Reality series.
8.00 **Say Yes to the Dress**
11.00 **Say Yes to the Dress: The Big Day**
12.00 NOON **FBI Files**
3.00 PM **People Magazine Investigates**
7.00 **People Magazine Investigates** The murder of two school girls. **8.00** The death of Bonny Lee Bakely.
9.00 **A Killer's Mistake** The story of Anxiang Du. **10.00** The story of how police closed the net on Anthony Sowell.
11.00 **Faking It: Tears of a Crime** The cases of Tracie Andrews and Mike Gifford-Hull.
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** True-crime.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 **Violent Minds: Killers on Tape** Dr Carlisle's tapes reveal convicted murderer Manny Cortez's point of no return.
7.00 **Wrongly Accused** 1/2. The case of Colin Stagg, who was imprisoned for the murder of Rachel Nickel on Wimbledon Common in 1992. **8.00** 2/2. A look at how the murder trial against Colin Stagg collapsed.
9.00 **Killers: Caught on Camera** A mother of three is murdered, and footprints and footage lead to her killer. **10.00** CCTV and GPS exposed Kaitlin Armstrong for Mo Wilson's murder.
11.00 **48 Hours** Triple bill.
2.00 AM **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Close Calls: On Camera** Ten editions.
2.00 PM **Medical Detectives** How three murders were linked to one killer. **2.30** The scene of a horrendous murder baffles investigators. **3.00** Analysing shoe impressions found at the scene of a crime. **3.30** When a chef is murdered, police discover a trail of debt. **4.00** Investigators sift through the ashes at the scenes of several fires. **4.30** A woman is found dead in her bathroom.
5.00 **Murder: Fight for the Truth** The disappearance of Danny Goldman.
6.00 **Judge Judy** Real-life small-claims cases.
2.00 AM **Donal MacIntyre's Murder Files** Double bill.
4.00 **48 Hours** Documentary.
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
9.00 **Road Wars**
10.00 **Brit Cops: Rapid Response** Documentary.
11.00 **World's Most Evil Killers**
12.00 NOON **Killer in My...**
1.00 PM **The Real Manhunter**
2.00 **World's Most Evil Killers**
3.00 **Forensics: Catching the Killer** Documentary.
4.00 **Murdered at First Sight**
5.00 **Britain's Most Evil Killers**
6.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **How I Caught the Killer**
9.00 **Murder on the Doorstep: Killer Clown**
10.00 **Murder in Slow Motion**
11.00 **The Real Manhunter**
12.00 M'T **Killer in My Village**
1.00 AM **Murders That Shocked the Nation**
2.00 **Love You to Death**
3.00 **Stop, Search, Seize**
4.00 **Road Wars** Double bill.
5.00 **to 6.00** AM **UK Border Force**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.40 **War Machine: World War II** Four editions.
1.00 PM **Grand Tours of the Scottish Islands**
1.40 **Treasures Decoded** Exploring the purpose of treasures within Tutankhamun's tomb. **2.40** A brutal murder that eventually led to the rise of the Vikings. **3.40** A look at recent investigations at Pompeii. **4.40** The mystery of Rome's 'sunken city.' **5.40** New edition The impact of a massive volcanic eruption on the ancient Egyptian empire. **6.35** Series finale Exploring the Roman practice of crucifixion.
7.35 **War Machine: World War II** Four editions.
12.00 M'T **Treasures Decoded**
1.00 **to 2.00** AM **Grand Tours of the Scottish Islands**

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Discovering: Christopher Plummer**
7.00 **Discovering: Jeff Bridges**
8.00 **The Directors**
9.00 **The Last Rider**
11.00 **Villeneuve Pironi: Racing's Untold Tragedy**
1.00 PM **McLaren**
2.50 **My Icon: Michael Holding**
3.00 **Adrienne**
5.00 **Hill** A profile of ex-Formula One driver Damon Hill.
6.50 **My Icon: Linford Christie**
7.00 **Spitfire** The story of British single-seat fighter plane the Supermarine Spitfire.
9.00 **7/7: Homegrown Terror** Series finale 3/3. London is targeted by a second attack.
10.15 **The Man Who Bought Cricket** 1-3/3. The story of financial fraudster Allen Stanford.
1.15 AM **The Slow Hustle** The unsolved death of Baltimore police detective Sean Suiter.
3.00 **Inventing Truth: The Relotius Affair** Documentary about a journalist exposed as a fraud.
5.00 **to 6.00** AM **The Directors**

Crime+Investigation

156 142 133

6.00 AM **When Missing Turns to Murder** Double bill of editions.
8.00 **Crimes That Shook Britain**
10.00 **Murdertown**
11.00 **Nightmare in Suburbia**
1.00 PM **Cops Who Kill with Will Mellor** Karl Bluestone.
2.00 **Cold Case Files: Murder in the Bayou** Documentary.
3.00 **Cold Case Files: Dead West**
7.00 **When Missing Turns to Murder**
8.00 **Killer Britain with Dermot Murnaghan**
9.00 **Cold Case Files: Dead West** New edition A murder that took 20 years to solve.
10.00 **Cold Case Files: DNA Speaks**
11.00 **Cold Case Files: Murder in the Bayou** Documentary.
12.00 M'T **Secrets of the Bunny Ranch** Documentary.
1.00 AM **Cold Case Files: Dead West**
2.00 **Killer Britain with Dermot Murnaghan** New edition
3.00 **Interview with a Killer** Series finale With Alicia Keator.
4.00 **to 6.00** AM **Green Eyed Killers**

+1 hour 256 333

U&Eden

166 134/162 176 57 160 151

9.00 AM **The Dick Emery Show**
10.55 **Secret Army** Double bill.
1.20 PM **David Copperfield**
3.40 **The Dick Emery Show**
5.30 **Secret Army** *A Safe Place:* 4/13. Albert is imprisoned, leaving Monique to deal with a second-time evader. **6.45** *Ring of Rosies:* 5/13. Monique and Pascal are forced to deal with airmen carrying the bubonic plague. (S3)
7.55 **David Copperfield** 1/5. Adaptation of Charles Dickens' classic novel, with Colin Hurley. **9.05** 2/5. Mr. Murdstone puts David to work in his London wine business. (S1)
10.20 **The Dick Emery Show** Triple bill featuring comic sketches.
12.05 AM **Louis Theroux: Extreme Love – Autism** Louis visits a school in America for children and young adults with autism.
1.05 **Secret Army** 5/13. (S3)
2.20 **David Copperfield**
4.15 **to 6.00** AM **The Dick Emery Show**

+1 hour 266 376

Sky Nature

124/125 113/114 189 354 369

6.00 AM **Arctic Secrets**
7.00 **Kenya Wildlife Diaries**
9.00 **Ol Pejeta Diaries**
11.00 **Planet Shark**
2.00 PM **Accidental Wilderness: Europe's Everglades**
3.00 **Land of the Far North**
5.00 **NEW SERIES Ireland's Wild Islands with Eoin Warner** Ireland's Atlantic islands.
6.00 **Bugs That Ruled the World** Series finale How beetles keep ecosystems in balance with biological weapons.
7.00 **David Attenborough Meets Obama** The former president interviews the naturalist.
8.00 **Great Barrier Reef with David Attenborough** Documentary.
9.00 **The Bachelor King**
10.20 **Zambia Untamed**
12.00 M'T **Ireland's Wild Islands with Eoin Warner** As 5.00pm.
1.00 AM **Bugs That Ruled the World**
2.00 **NEW SERIES Hope for Wildlife: The Next Generation**
3.00 **Animal Empires**
5.00 **to 6.00** AM **Big Cats Small World**

WILD

165 145/133 182

8.00 AM **Amazonia** Triple bill.
11.00 **Ice Road Rescue: Highway Havoc** Double bill of editions.
1.00 PM **Alaska & Beyond: Big & Small** The state's wildlife.
2.00 **Lake Tanganyika: Africa's Blue Heart** Documentary.
3.00 **Lion v Cheetah**
4.00 **Secrets of the Zoo: Tampa**
6.00 **Heartland Docs** New edition Dr Ben and son Chase get crafty with a splint repair.
7.00 **Day of the Dragon**
8.00 **Florida Untamed: Where Reptiles Rule** Exploring the wildlife of the US state.
9.00 **Hostile Planet** Bear Grylls narrates footage of ocean-dwelling wildlife, including seals fending off shark attacks.
10.00 **Alaska Animal Rescue** A bald eagle may get its shot at freedom after rehabilitation.
11.00 **Underdogs** Con artists.
11.45 **Lawless Island** Double bill.
1.45 AM **Secrets of the Zoo**
3.35 **Secrets of the Zoo: Keeper Tales** Documentary.
4.00 **to 5.00** AM **Yukon Vet**

ID

154 141 166

8.00 AM **Evil Lives Here**
10.00 **Til Death Do Us Part**
12.00 NOON **On the Case with Paula Zahn** Double bill.
2.00 PM **To Catch a Killer**
4.00 **Swamp Murders** Double bill.
6.00 **The Killer Beside Me** The fatal shooting of Gayle Isleib in 1996. **7.00** The rape and murder of Alice Hufnagle in 2002.
8.00 **Feuds Turned Fatal** A simmering feud explodes in Newport News, Virginia.
9.00 **Signs of a Psychopath** Experts explore the unique characteristics of female psychopathic killers and look at their horrifying crimes.
10.00 **Murder Under the Friday Night Lights** In 1985, police found the body of a beloved coach in southeast Texas.
11.00 **Undercover Underage**
12.00 M'T **People Magazine Investigates** Double bill.
2.00 AM **The Murder Tapes**
4.00 **to 6.00** AM **Murder in the Heartland**

+1 hour 254 366

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
9.00 **Deadly Standoff**
10.00 **Mysteries from Above**
11.00 **Ancient Aliens**
1.00 PM **Alien Files Reopened**
2.00 **Mysteries of the Ancient Dead**
3.00 **Viking Dead**
4.00 **Secret Wars Uncovered**
5.00 **Alien Files Reopened**
6.00 **Mysteries of the Ancient Dead**
7.00 **Viking Dead** A well-preserved Viking ship discovered in 1904.
8.00 **Top 10 Conspiracies of All Time**
8.30 **Conspiracy Files: Unsealed**
9.00 **The Nostradamus Effect** A look into the plausibility of apocalyptic prophecies.
10.00 **UFOs Declassified** Instances in which pilots have spotted unusual aircraft in the sky.
11.00 **Close Encounters** A rancher who spotted a large UFO. **11.30** How members of a youth group observed a falling star while on a hillside.
12.00 M'T **Ancient Aliens**
3.00 AM **Spycraft** Documentary.
4.00 **What on Earth?**
5.00 **to 6.00** AM **UFO Hunters**

Discovery History

174 147 181 320 325

7.00 AM **Shed and Buried**
9.00 **The Antiques Brothers**
10.00 **Treasure Quest: Snake Island**
12.00 NOON **Combat Dealers**
3.00 PM **World's Greatest Motorcycle Rides** Triple bill.
6.00 **Blowing Up History** Experts reveal why Egypt's Black Pyramid collapsed. **7.00** Scanning the ocean floor in search of sunken sphinxes, temples and shipwrecks. **8.00** New discoveries on a strange Mediterranean island might offer new clues in the hunt for the city of Atlantis.
9.00 **Salvage Hunters: The Restorers** Sculptor Nick and gilder Ruth team up to restore an expensive antique table. **10.00** Globe restorer James takes drastic action to rejuvenate a 150-year-old masterpiece. **11.00** French polisher Alex struggles with a billiards table that proves difficult to restore.
12.00 M'T **Shed and Buried**
2.00 **to 5.00** AM **Combat Dealers**

+1 hour 274 381

Discovery Turbo

161/172 146 180 320 325

6.00 AM **American Chopper**
10.00 **How It's Made: Dream Cars**
11.00 **Goblin Works Garage**
12.00 NOON **Custom Carolina** Five editions, including at: **4.00** PM Tommy works on the 1960 Chevy Impala restoration.
5.00 **Fifth Gear Recharged** Jimmy de Ville heads to Sweden to look at Volvo's plans to revolutionise trucking. **6.00** The team test two electric vans – the Ford E-Transit and the Fiat e-Ducato.
7.00 **Wheeler Dealers** The boys fix up a BMW 335i estate. **8.00** Mike finds a BMW six-cylinder modern classic. **9.00** Mike tries to track down a BMW Isetta bubble car. **10.00** Mike purchases a BMW M5 in a terrible condition. **11.00** Mike goes on the hunt for a BMW M3 E36. **11.30** Edd completes the BMW 635CSi renovation project.
12.00 M'T **Wheeler Dealers**
1.00 **to 5.00** AM **American Chopper**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.20 AM **Home Delivery** (2023, 15)
8.00 **PREMIERE I Don't Understand You** As 3.55pm.
9.45 **Sharp Corner** Thriller. (2024, 15, 110min) ★★★★
11.45 **Gladiator II** As 10.20pm.
2.15 PM **Piece By Piece** Animation. (2024, PG, 94min)
3.55 **PREMIERE I Don't Understand You** Horror comedy. (2025, 15) ★★★ *See review, page 23.*
5.40 **Joker: Folie à Deux** Thriller. (2024, 15, 138min) ★★★★

3.55 I Don't Understand You

8.00 **William Tell** Historical drama starring Claes Bang, Connor Swindells and Ben Kingsley. During the 14th century, William Tell defends his family and homeland of Switzerland after the Austrian King invades. (2025, 15, 133min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Gladiator II** Historical drama sequel starring Paul Mescal, Pedro Pascal and Denzel Washington. The son of Maximus Decimus Meridius enters the Colosseum in an attempt to bring glory back to Rome. (2024, 15, 148min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.00 AM **Strange Darling** Thriller. (2023, 18, 97min) ★★★★
2.45 **Anora** Comedy drama. (2024, 18, 139min) ★★★★★
5.10 **to 6.10** AM **Sky Cinema Preview**

Sky Cinema Epic Worlds

303 303 403 503 517

7.45 AM **How to Train Your Dragon** (2010, PG) ★★★★
9.30 **The Lego Movie 2: The Second Part** (2019, U) ★★★★
11.30 **Matilda** Roald Dahl's fantasy (1996, PG, 98min) ★★★★
1.15 PM **Jumanji** Comic fantasy. (1995, PG, 104min) ★★★★
3.15 **Shrek** Animated comedy. (2001, U, 90min) ★★★★★
5.00 **The Lord of the Rings: The Two Towers** Epic fantasy. (2002, 12, 179min) ★★★★★

5.00 ...The Two Towers

8.00 **The Lord of the Rings: The Return of the King** Epic fantasy concluding Peter Jackson's trilogy based on JRR Tolkien's mythical saga. As the forces of good and evil contend in a huge battle before the citadel of Minas Tirith, Frodo Baggins nears the end of his perilous quest to destroy the magic ring of power. Stars Elijah Wood, Ian McKellen and Viggo Mortensen. (2003, 12, 201min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Stargate** Sci-fi adventure starring Kurt Russell. (1994, PG, 125min) ★★★★
1.30 AM **After Earth** Sci-fi adventure with Will and Jaden Smith. (2013, 12, 98min) ★★
3.15 **The Legend of Zorro** Action adventure sequel starring Antonio Banderas. (2005, PG, 130min) ★★★
5.30 **to 7.30** AM **The Legend of Tarzan** Action adventure. (2016, 12, 110min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.30 AM **The Man with the Answers**
7.55 **Funny Girl** As 11.55pm.
10.25 **Two Mules for Sister Sara** Comedy Western set in Mexico. (1969, 15, 114min) ★★★
12.20 PM **Lady Bird** Comedy drama. (2017, 15, 94min) ★★★★★
1.55 **Valentine's Day** Romantic comedy. (2010, 12, 125min) ★★★
4.00 **Jerry Maguire** Comedy drama. (1996, 15, 139min) ★★★★

6.20 **The Great Escaper** Drama starring Michael Caine. (2023, 12, 96min) ★★★★
8.00 **One Life** Fact-based drama starring Anthony Hopkins. Months before World War Two, a London stockbroker tries to rescue hundreds of children from Nazi-occupied Czechoslovakia. (2023, 12, 105min) ★★★★
9.55 **Young at Heart** Musical romance with Doris Day, Frank Sinatra and Ethel Barrymore. (1954, U, 117min) ★★★

11.55 **Funny Girl** Musical biopic starring Barbra Streisand. (1968, U, 169min) ★★★★
2.35 AM **The Man with the Answers** Greek romantic drama. Subtitled. (2021, 12, 80min) ★★★★
4.10 **to 6.20** AM **Sabrina** Comedy. (1954, b/w, U, 113min) ★★★★

Sky Cinema Superman

311 311 411 511 525

6.00 AM **Superman IV: The Quest for Peace** As 10.55pm.
7.45 **Superman** As 4.10pm.
10.10 **Superman II** As 6.35pm.
12.25 PM **Superman III** As 8.45pm.
2.35 **Superman IV: The Quest for Peace** As shown at 10.55pm.
4.10 **Superman** Fantasy adventure with Christopher Reeve, Margot Kidder and Marlon Brando. (1978, PG, 143min) ★★★★

6.35 **Superman II** Fantasy adventure sequel starring Christopher Reeve and Gene Hackman. Three villains with Kryptonite challenge the Man of Steel. (1980, PG, 127min) ★★★
8.45 **Superman III** Fantasy sequel starring Christopher Reeve and Richard Pryor. Clark Kent alias Superman battles against a megalomaniac tycoon who is using a computer genius to plan the crime of the century. (1983, PG, 123min) ★★★

10.55 **Superman IV: The Quest for Peace** Fantasy adventure sequel starring Christopher Reeve and Gene Hackman. (1987, PG, 90min) ★
12.30 AM **Superman** As 4.10pm.
2.55 **Superman II** As 6.35pm.
5.05 **to 7.15** AM **Superman III**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.20 AM **Bookworm** Comedy. (2024, 12, 103min) ★★★★
9.20 **Yogi Bear** (2010, U) ★★★
10.50 **The Flintstones** Comedy. (1994, U, 93min) ★★★
12.30 PM **The Flintstones in Viva Rock Vegas** Comedy prequel. (2000, PG, 91min) ★★
2.10 **IF** Fantasy. (2024, U) ★★★
4.00 **Jack the Giant Slayer** Fantasy. (2013, 12, 114min) ★★★
6.00 **The Karate Kid** Adventure. (1984, 12, 127min) ★★★★

9.50 Harriet the Spy

8.10 **The NeverEnding Story** Fantasy adventure starring Barret Oliver and Gerald McRaney. A brave young warrior goes on a quest to save the empire of Fantasia. (1984, U, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

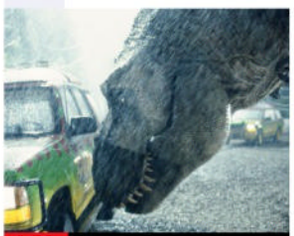
9.50 **Harriet the Spy** Comedy adventure starring Michelle Trachtenberg. A youngster's diary falls into the wrong hands. With Rosie O'Donnell. (1996, PG, 97min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Batteries Not Included** Sci-fi fantasy starring Hume Cronyn. (1987, PG, 105min) ★★★★
1.30 AM **A Tiger's Journey** Family drama starring Sunny Pawar. (2023, PG, 94min) ★★★
3.10 **The Tiger Rising** Family drama starring Dennis Quaid. (2022, PG, 102min) ★★★
5.00 **to 6.45** AM **Blueback** Drama starring Mia Wasikowska. (2022, PG, 102min) ★★★

Sky Cinema Jurassic Park

307 307 407 507 521

6.45 AM **Jurassic World** (2015)
8.55 **Jurassic World: Fallen Kingdom** As 7.40pm.
11.05 **Jurassic Park** As 9.50pm.
1.15 PM **The Lost World: Jurassic Park** As shown at 12.00m't.
3.25 **Jurassic Park III** (2001) ★★★
5.00 **Jurassic World Rebirth: The Making of a New Era**
5.30 **Jurassic World** Adventure sequel. (2015, 12) ★★★★
7.40 **Jurassic World: Fallen Kingdom** (2018, 12) ★★★



9.50 Jurassic Park

Jurassic World: Fallen Kingdom (film started at 7.40pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

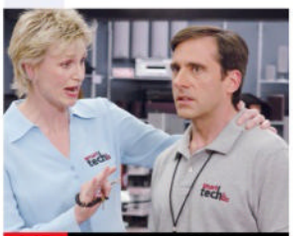
9.50 **Jurassic Park** Steven Spielberg's blockbuster monster thriller starring Sam Neill, Laura Dern, Jeff Goldblum and Richard Attenborough. A billionaire showman creates an island leisure park populated by genetically engineered – and very dangerous – dinosaurs. (1993, PG, 127min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **The Lost World: Jurassic Park** Steven Spielberg's adventure sequel starring Jeff Goldblum and Julianne Moore. (1997, PG, 129min) ★★★
2.10 AM **Jurassic Park III** (2001)
3.45 **Jurassic World** As 5.30pm.
5.55 **to 8.05** AM **Jurassic World: Fallen Kingdom** As 7.40pm.

Sky Cinema Comedy

308 308 408 508 522

7.10 AM **The 40-Year-Old Virgin**
9.10 **Hope Springs** As 6.15pm.
10.55 **My Big Fat Greek Wedding 3** Comedy sequel. (2023, 12) ★★
12.45 PM **About Last Night** Comedy. (2014, 15, 98min) ★★
2.35 **Blades of Glory** Comedy. (2007, 12, 93min) ★★★
4.15 **The 40-Year-Old Virgin** Comedy starring Steve Carell. (2005, 15, 116min) ★★★★
6.15 **Hope Springs** Comedy drama. (2012, 12, 98min) ★★★



4.15 The 40-Year-Old Virgin

8.00 **Mean Girls** Teen comedy starring Lindsay Lohan. A 15-year-old girl moves from Africa to America and finds that she must learn a new law of the jungle when she enrols in an Illinois high school. (2004, 12, 97min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

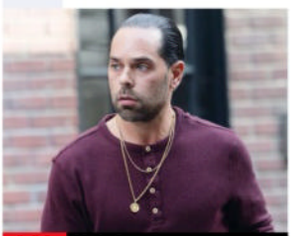
9.50 **Mean Girls** Musical adaptation of the 2004 teen comedy, starring Angourie Rice. Teenager Cady Heron is a hit with a school clique when she makes the mistake of falling for Aaron Samuels. (2023, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Dinner for Schmucks** Comedy starring Steve Carell. (2010, 12, 113min) ★★★
1.40 AM **Fords on Water** Comedy. (1983, 15, 83min) ★★★
3.10 **Jules** Comedy drama. (2023, 12, 87min) ★★★
4.55 **to 6.35** AM **Happy Gilmore** Comedy. (1996, 12) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.10 AM **Melancholia** As 12.40am.
7.45 **Vanilla Sky** (2001, 15) ★★★
10.10 **The Firm** Legal thriller. (1993, 15, 155min) ★★★
12.45 PM **Ocean's Thirteen** Thriller sequel with George Clooney. (2007, PG, 122min) ★★★
2.55 **Breakdown** Suspense thriller. (1997, 15, 94min) ★★★★
4.40 **Maggie Moore(s)** Comedy thriller. (2023, 15) ★★★
6.30 **Mob Cops** Crime drama. (2024, 15, 87min) ★



6.30 Mob Cops

8.00 **The Da Vinci Code** Conspiracy thriller starring Tom Hanks and Audrey Tautou. A Harvard professor and a French cryptographer solve a series of clues about the true nature of the Holy Grail while fleeing from the police and a murderous albino monk. (2006, 12, 149min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

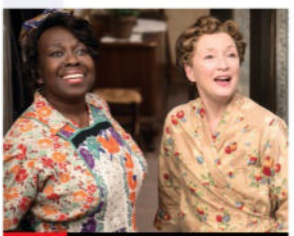
10.40 **Desperation Road** Mystery thriller based on Michael Farris Smith's novel, starring Garrett Hedlund, Willa Fitzgerald and Mel Gibson. (2023, 18, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Melancholia** Thriller with Jeroen Krabbe and Susannah York. (1989, 15, 85min) ★★★
2.15 **Chinatown** Director Roman Polanski's thriller starring Jack Nicholson and Faye Dunaway. (1974, 15, 131min) ★★★★★
4.30 **to 6.05** AM **Mob Cops** (2024)

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Karate Kid** Adventure. (2010, PG, 140min) ★★★
1.45 PM **The Remains of the Day** Merchant-Ivory period drama. (1993, U, 134min) ★★★★★
4.25 **Hidden Figures** Fact-based drama starring Taraji P Henson. (2016, PG, 127min) ★★★★
6.55 **Romancing the Stone** Adventure starring Michael Douglas and Kathleen Turner. (1984, 12, 105min) ★★★★



9.00 Mrs Harris Goes to Paris

Romancing the Stone (film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Mrs Harris Goes to Paris** Comedy drama starring Lesley Manville. A widowed cleaning lady embarks on an extraordinary adventure in Paris after becoming obsessed with a designer dress. With Ellen Thomas. (2022, PG, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Little Fockers** Comedy sequel starring Robert De Niro and Ben Stiller. A male nurse must prove to his father-in-law that he is worthy of one day taking his place as the family patriarch. (2010, 12, 94min) ★★★
1.15 **to 3.25** AM **Funny Cow** Drama with Maxine Peake, Stephen Graham and Paddy Considine. (2017, 15, 102min) ★★★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema 2025 Recap

302 302 402 502 516

6.55 AM **The Front Room** As 1.20am.
8.35 **The Damned** As 11.45pm.
10.10 **Cleaner** Thriller starring Daisy Ridley. (2025, 15, 97min) ★★★
11.50 **Twisters** Disaster drama sequel. (2024, 12, 122min) ★★★★
1.55 PM **Bad Boys: Ride or Die** Action comedy sequel. (2024, 15, 115min) ★★★
3.55 **William Tell** Historical action drama. (2025, 15, 133min) ★★★

6.10 **Venom: The Last Dance** Fantasy adventure starring Tom Hardy. (2024, 15, 110min) ★★★
8.00 **Fight or Flight** Thriller with Josh Hartnett and Katee Sackhoff. (2025, 15, 98min) ★★★
9.45 **The Bikeriders** Drama starring Tom Hardy and Jodie Comer. Over a decade, a motorcycle club evolve from a gathering of local outsiders to a sinister gang. (2023, 15, 116min) ★★★★
11.45 **The Damned** Horror mystery. (2024, 15, 89min) ★★★★

1.20 AM **The Front Room** Horror thriller starring Brandy Norwood. (2024, 15, 94min) ★★
3.00 **A Place Called Silence** Chinese thriller with Eric Wang. Subtitled. (2024, 15, 119min) ★★★
5.05 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Greats

304 304 404 504 518

7.20 AM **Hudson Hawk** Action comedy. (1991, 15, 97min) ★★★
9.15 **Last Action Hero** Action fantasy. (1993, 15, 130min) ★★★
11.30 **Robin Hood: Prince of Thieves** Fantasy adventure starring Kevin Costner. (1991, PG, 138min) ★★
2.05 PM **48 Hrs** As 12.00m't.
3.55 **Parenthood** Comedy drama starring Steve Martin. (1989, 15, 124min) ★★★★

6.10 **Brewster's Millions** Comedy starring Richard Pryor and John Candy. A baseball pitcher must spend $30million in 30 days. (1985, PG, 97min) ★★★
8.00 **Junior** Comedy starring Arnold Schwarzenegger and Danny DeVito. (1994, PG, 110min) ★★★
10.00 **Money Train** Action comedy starring Wesley Snipes and Woody Harrelson as New York subway cops who decide to rob a train loaded with millions of dollars. (1995, 18, 110min) ★★

12.00 M'T **48 Hrs** Action comedy with Nick Nolte and Eddie Murphy. (1982, 15, 97min) ★★★★★
1.40 AM **Parenthood** As 3.55pm.
3.45 **Junior** As shown at 8.00pm.
5.40 **to 7.25** AM **Nineteen Nineteen** Drama starring Paul Scofield. (1984, 15, 99min) ★★★

Sky Cinema Animation

305 305 412 500 514

6.40 AM **Tom and Jerry: A Nutcracker Tale** Animation. (2007, U, 47min) ★★★
7.40 **Open Season** Animated comedy. (2006, PG, 86min) ★★★★
9.15 **The Wild Robot** Animation. (2024, U, 102min) ★★★★
11.00 **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
12.40 PM **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★

2.25 **Wallace & Gromit: The Curse of the Were-Rabbit** Animation. (2005, U, 85min) ★★★★★
4.00 **Kung Fu Panda** Animation. (2008, PG, 92min) ★★★★
5.40 **Madagascar 3: Europe's Most Wanted** Animated sequel. (2012, PG, 93min) ★★★★
7.20 **Madagascar** Animated comedy. (2005, U, 86min) ★★★
9.00 **Open Season 2** Animated sequel. (2008, PG, 73min) ★★★
10.25 **Rebellious** Animated adventure. (2024, PG, 94min) ★★★

12.05 AM **Batman Unlimited: Mechs vs Mutants** (2016, PG) ★★★
1.30 **Tad the Lost Explorer and the Secret of King Midas** Animation. (2017, U, 85min) ★★★
3.05 **Piece By Piece** (2024, PG)
4.50 **to 6.20** AM **Little Vampire** Animation. (2020, PG) ★★★

Movies 24

312 313 419

7.00 AM **#Xmas** Festive comedy. (2022, PG, 90min) ★★
9.00 **All I Need For Christmas** Drama. (2024, PG, 90min) ★★
11.00 **Three Wiser Men and a Boy** Comedy. (2024, PG, 84min) ★★
1.00 PM **Christmas in Big Sky Country** Romantic drama. (2023, PG, 90min) ★★
3.00 **The Christmas Brew** Festive drama. (2024, PG, 89min) ★★

5.00 **Mystery on Mistletoe Lane** Drama. (2023, PG, 90min) ★★
7.00 **A Christmas Cookie Catastrophe** Romantic comedy starring Rachel Boston. The CEO of a cookie company needs a baker's help to recreate her grandmother's secret recipe. (2022, PG, 90min) ★★
9.00 **A Novel Noel** Festive drama with Julie Gonzalo and Brendan Penny. (2024, PG, 90min) ★★
11.00 **Jolly Good Christmas** Comedy. (2022, PG, 90min) ★★

1.00 AM **The Great Christmas Switch** Comedy starring Sarah Lind. (2021, PG, 84min) ★★
3.00 **to 5.00** AM **Three Wise Men and a Baby** Festive comedy. (2022, PG, 90min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Frail Women** (1932, PG) ★★
7.30 **Thunder in the City** Comedy. (1937, b/w, PG, 88min) ★★
9.10 **The Blue Parrot** Thriller. (1953, b/w, PG, 71min) ★★
10.30 **Maidstone's Last Trolleybus**
10.35 **The Beverly Hillbillies** (S1)
11.10 **Daniel Boone, Trail Blazer** Western. (1956, PG, 76min) ★★
12.45 PM **The English Riviera**
12.50 **Worzel Gummidge** 2/8. (S2)

1.25 **Batman** 24/60. (S2)
2.00 **The Cat from Outer Space** Comedy. (1978, U, 103min) ★★★
4.00 **The Adventures of Robin Hood**
4.30 **Out of Town**
5.00 **The Footage Detectives**
6.00 **Sunny Sunday by the Sea 1951**
6.15 **North West Frontier** Adventure. (1959, U, 129min) ★★★
8.50 **Look at Life** Documentary.
9.05 **The Wheeltappers and Shunters Social Club** (S5)
9.55 **Bob & Carol & Ted & Alice** Comedy. (1969, 15) ★★★

12.00 M'T **Budgie** 8/13. (S2)
1.05 AM **The Heritage Chart Show**
2.10 **The Killer is Loose** Thriller. (1956, b/w, PG, 73min) ★
3.40 **A Shot in the Dark** Mystery. (1933, b/w, PG, 53min) ★
4.45 **The Texan** 36/37. (S1)
5.20 **to 6.00** AM **The Larkins**

Sunday

Sky Sports Main Event

401 401 511 501 419 439

6.30 AM **Sky Sports News**
7.00 **Rugby Greatest Games**
7.05 **LIVE NRL Manly-Warringah Sea Eagles v South Sydney Rabbitohs.** Coverage of the match from the 18th round of fixtures staged at 4 Pines Park in Sydney. Kick-off 7.05am.
9.00 **Good Morning Sports Fans**
10.00 **Sky Sports News**
10.15 **LIVE Test Cricket England v India.** Coverage of the fifth day of the second Test in the five-match series staged at Edgbaston, Birmingham. The hosts will be looking to continue their good form in this format since they last played in India in early 2024.
1.30 PM **LIVE Formula 1** Coverage of the British Grand Prix, the 12th round of the season at Silverstone, where Lewis Hamilton claimed a record-breaking ninth victory last year. Start-time 3.00pm.
6.00 **Ted's Notebook**
6.30 **LIVE PGA Tour Golf** Coverage of the fourth and final day of the John Deere Classic staged at TPC Deere Run in Silvis, Illinois.
11.00 PM **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **PL Retro** A replay of Arsenal v Tottenham Hotspur from 2008.
11.00 **Premier League Stories**
11.30 **The Big Interview**
12.00 NOON **Premier League Highlights** Recent action.
3.00 PM **Premier League Highlights** Action from Aston Villa v Chelsea.
3.30 Aston Villa v Everton.
4.00 Action from Aston Villa v Newcastle United at Villa Park.
4.30 Highlights from Aston Villa v Nottingham Forest.
5.00 **Premier League Highlights** Bournemouth v Arsenal.
5.30 Bournemouth v Aston Villa.
6.00 Bournemouth v Brentford.
6.30 Brentford v Aston Villa.
7.00 **MNF Special** Peter Schmeichel.
7.30 **Paul McGrath: PFA Winner**
7.45 **Les Ferdinand: PFA Winner**
8.00 **Transfer 360** Double bill.
9.00 **Gary Neville's Soccerbox**
10.00 **Class of '92: Full Time**
1.00 AM **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **Premier League 100 Club**
5.30 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Cup Retro**
8.45 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **Craig Brown: My Scotland**
11.30 **There's Only One Sauzee**
12.00 NOON **EFL Cup Retro** Another chance to see Manchester City v Liverpool in the 2016 final.
2.45 PM **EFL Greatest Games**
4.00 **Championship Season Review**
5.00 **Best Goals: EFL Cup 2021/22**
5.30 **EFL Trophy** Rotherham United v Sutton United from 2021/22.
6.00 **EFL Cup Retro** Manchester United v Southampton in 2017.
8.00 **There's Only One Sauzee**
8.30 **Dundee United: Champions 83**
9.00 **EFL Greatest Games** Bradford City v Swindon Town in 2013/14.
9.15 Bradford City v Arsenal.
9.30 Derby County v Hull City.
9.45 Sheffield Wednesday v Sheffield United from 2017/18.
10.00 **Championship Season Review**
11.00 **Best Goals: EFL Cup 2022/23**
11.30 **EFL Trophy** The 2022/23 final.
12.00 M'T **Retro League One**
2.00 AM **EFL Greatest Games**
4.00 **EFL Cup Retro** The 2018 final.
4.30 **EFL Best Championship Goals**
5.00 **to 6.00** AM **Henrik Larsson: 20 Years On**

Sky Sports Cricket

404 404 514 504 422 442

6.00 AM **Test Cricket** England v India.
7.00 **Best of England v India**
7.30 **The Film Room: England v India**
8.00 **Test Cricket** England v India.
9.00 **Best of England v India**
10.00 **Test Cricket Bitesize**
10.15 **LIVE Test Cricket England v India.** Coverage of day five of the second Test from Edgbaston. The hosts will be looking to continue their good form in this format since they last played in India in 2024. Since a 4-1 defeat in the subcontinent, England have won nine of the past 13 Test matches, including series victories against New Zealand and West Indies.
7.00 PM **Ashes Greats** Player profiles.
7.30 **Best of England v India**
8.00 **Test Cricket** England v India.
9.00 **Best of England v India**
10.30 **Best of England v Windies**
11.00 **Test Cricket Bitesize**
11.15 **Best of ICC WT20**
11.45 **Best of England v India**
12.00 M'T **Women's International T20 Cricket** England v India.
3.30 AM **Best of ICC WT20**
4.15 **Test Cricket Bitesize**
4.30 **to 6.00** AM **Best of England v India**

Sky Sports Golf

405 405 515 505 423 443

6.00 AM **DP World Tour Golf**
7.00 **Ladies European Tour Golf**
10.00 **Chronicles of a Champion Golfer** Profiles of leading players.
11.00 **HotelPlanner Tour Golf**
11.30 **LIVE DP World Tour Golf** The fourth and final day of the BMW International Open in Germany.
4.30 PM **LIVE Ladies European Tour Golf** The final day of the KPMG Women's Irish Open.
5.00 **LIVE PGA Tour Golf** The fourth and final day of the John Deere Classic at TPC Deere Run in Silvis.
11.00 **US Seniors Tour Golf**
1.00 AM **PGA Tour Golf**
2.00 **Nick Dougherty's Tee Time Tips**
3.00 **Chronicles of a Champion Golfer** Profiles of leading players.
4.00 **to 6.00** AM **PGA Tour Golf**

Sky Sports Tennis

407 407 537 520 425 445

6.00 AM **US Open Classic Matches**
9.00 **WTA & ATP Tennis**
1.45 PM **WTA & ATP Tennis** Indian Wells Open days eight and nine.
5.00 **WTA & ATP Tennis** The Indian Wells Open day 11 in California.
7.00 **WTA & ATP Tennis** The Indian Wells Open men's singles final.
8.45 **ATP Tennis** Indian Wells Open.
9.45 **WTA & ATP Tennis** Action from the Indian Wells Open sixth day.
11.30 **WTA & ATP Tennis**
4.45 AM **Bitesize Tennis** Vienna Open.
5.00 **to 6.00** AM **US Open**

TNT Sports 1

410 413 521 408 430

7.00 AM **Sign Up – Into Football**
8.00 **Wimbledon** The sixth day.
9.30 **What I Wore** Best Of.
10.00 **Cycling: Tour de France**
11.00 **LIVE Cycling: Tour de France** Coverage from the second stage of this year's men's race, a 201.9km route from Lauwin-Planque to Boulogne-sur-Mer.
5.15 PM **Playing for Our Future**
5.30 **MLB Highlights**
6.30 **LIVE MLB New York Mets v New York Yankees.** Coverage of the inter-league match staged at Citi Field. Start-time 6.40pm.
9.45 **LIVE MLB Los Angeles Dodgers v Houston Astros.** Coverage of the inter-league match staged at Dodger Stadium. Start-time 9.10pm.
12.15 AM **TNT Sports Reload**
12.30 **Gallagher Premiership Rugby Union** A look at the best tries of the 2024/25 season.
1.00 **MLB Highlights**
2.00 **LIVE MLB San Diego Padres v Texas Rangers.** Coverage of the inter-league match staged at Petco Park. Start-time 2.10am.
5.15 **MLB Plays of the Week**
5.45 **to 6.00** AM **TNT Sports Reload**

TNT Sports 2

411 414 522 409 431

6.00 AM **LIVE AFL Adelaide Crows v Melbourne Demons.** Coverage of the game at Adelaide Oval. Bounce-up 6.20am.
9.00 **Test Cricket Highlights**
10.00 **One Day International Cricket**
11.00 **TNT Sports Cricket Reload**
11.15 **TNT Sports Reload**
11.45 **LIVE Cycling: Women's Giro d'Italia** Coverage of the first stage of this year's race, a 13.6km route around Bergamo.
1.45 PM **Test Cricket Highlights**
2.45 **LIVE Test Cricket West Indies v Australia.** Coverage of the fourth day of the second Test in the three-match series from Grenada National Cricket Stadium.
11.00 **Henley Royal Regatta**
11.30 **UCI Mountain Bike World Series** Highlights from the DHI Elite finals in La Thuile in Italy.
12.30 AM **Cycling: Tour de France** Action from the second stage.
1.30 **Cycling: Women's Giro d'Italia** Highlights of the first stage in Italy.
2.30 **FIM Speedway Grand Prix**
3.30 **Henley Royal Regatta**
4.00 **One Day International Cricket**
5.00 **to 6.00** AM **Fishing: On the Bank**

Sky Sports Action

408 408 517 507 426 446

6.30 AM **Rugby Union Retro**
7.00 **Rugby Greatest Games**
7.05 **LIVE NRL Manly-Warringah Sea Eagles v South Sydney Rabbitohs.** Coverage of the match from the 18th round of fixtures staged at 4 Pines Park in Sydney. Kick-off 7.05am.
9.05 **British and Irish Lions Tour**
10.05 **The Rugby Championship**
12.05 PM **My Icon** Leon Pryce.
12.15 **British and Irish Lions Tour**
1.15 **Lions Legends** Martin Johnson.
1.30 **Super League Highlights**
2.30 **LIVE Super League Hull Kingston Rovers v Leeds Rhinos.** Coverage of the match staged at Sewell Group Craven Park Stadium. Kick-off 3.00pm.
5.15 **Rugby Union Retro**
6.00 **British and Irish Lions Tour**
7.00 **Lions Legends** Profiles.
8.00 **British and Irish Lions Tour**
12.00 M'T **Lions Legends**
1.30 AM **Rugby Union Retro**
1.45 **Lions Legends** Ian McGeechan.
2.00 **British and Irish Lions Tour**
3.00 **Rugby Union Retro**
3.45 **Lions Legends** Ian McGeechan.
4.00 **to 6.00** AM **The Rugby Championship**

Sky Sports Sky Sports+

412 410 518 508 427 447

6.00 AM **EFL Highlights**
7.00 **Good Morning Sports Fans**
10.00 **Sky Sports News**
12.00 NOON **Sports Sunday**
2.00 PM **LIVE Ladies European Tour Golf** Coverage of day four of the KPMG Women's Irish Open from the O'Meara course at Carton House in Maynooth, County Kildare. England's Annabel Dimmock claimed her first LET title in five years with victory at this event last year, after defeating Frenchwoman Pauline Roussin-Bouchard in a play-off.
5.00 **LIVE Netball Super League** Coverage of the Grand Final staged at the O2 Arena in London. Centre-pass 5.30pm.
7.30 **Sky Sports News**
12.00 M'T **Premier League Darts** Another chance to see Finals Night at O2 Arena in London.
3.30 AM **EFL Greatest Games** Leeds United v Sheffield United.
3.45 Ipswich Town v Sheffield Wednesday from 2017/18.
4.00 **EFL Cup Highlights** Action from Liverpool v Newcastle United in the final at Wembley Stadium.
5.00 **to 6.00** AM **EFL Highlights**

Sky Sports Mix

416 412 510 429 449

6.00 AM **Test Cricket** England v India.
7.00 **Ladies European Tour Golf**
10.00 **WTA & ATP Tennis** Miami Open.
12.00 NOON **PDC Classics**
1.00 PM **Chronicles of a Champion Golfer** A profile of Nick Faldo.
1.30 **HotelPlanner Tour Golf**
2.00 **PL Greatest Games**
3.00 **Premier League Legends**
3.30 **LIVE Indycar** Honda Indy 200 at Mid-Ohio warm-up session.
4.00 **Lewis Hamilton: Why Heritage Matters**
4.30 **LIVE Indy NXT** The Grand Prix at Mid-Ohio in Lexington, Ohio.
6.00 **LIVE Indycar** The Honda Indy 200 at Mid-Ohio in Lexington.
8.30 **Formula 1** Austrian Grand Prix.
9.30 **Best of England v India**
10.30 **Best of England v Windies**
11.00 **Formula 1** British Grand Prix.
12.00 M'T **Super League**
2.45 AM **PL Greatest Games**
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **PGA Tour Golf**

TNT Sports 3

413 415 523 410 432

6.00 AM **Premiership Rugby Union**
7.30 **UTMB World Series Highlights**
8.30 **Henley Royal Regatta**
9.00 **British Superbikes**
9.30 **MotoE Highlights**
10.00 **LIVE European Rally Championship** Rally Rome.
11.00 **British Superbikes**
11.30 **LIVE UCI Mountain Bike World Series** In La Thuile, Italy.
3.15 **TNT Sports Reload**
3.30 **TCR World Tour Review**
4.00 **LIVE European Rally Championship** Rally Rome.
5.00 **Sign Up – Into Football**
6.00 **LIVE WNBA New York Liberty v Seattle Storm.** From Barclays Center. Tip-off 6.00pm.
8.00 **Cycling: Tour de France**
9.00 **British Superbikes**
10.00 **Wimbledon** The seventh day.
11.30 **AFL** Two match replays.
2.30 AM **Women's Giro d'Italia**
3.30 **T100 Triathlon World Tour**
4.30 **to 6.00** AM **Ultimate Pool**

TNT Sports 4

414 416 524 411 434

6.00 AM **Premier League**
10.30 **Discovery Golf** The latest news.
11.00 **TNT Sports Reload**
11.15 **LIVE BMX Urban Sessions** The women's freestyle final.
12.45 PM **MotoGP Rewind**
1.00 **LIVE British Superbikes** Coverage of the second day of the fourth round of the season at Knockhill Racing Circuit, Scotland.
6.00 **FIM Speedway Grand Prix**
7.00 **Tom Daley: 1.6 Seconds**
8.30 **Discovery Golf** The latest news.
9.00 **LIVE MLB Los Angeles Dodgers v Houston Astros.** The inter-league match from Dodger Stadium. Start-time 9.10pm.
12.15 AM **MLB Plays of the Week**
12.45 **MLB: Off the Bat**
1.15 **UEFA Champions League**
1.30 **UFC Connected**
2.00 **UFC Reloaded** Archive action.
3.45 **UEFA Champions League**
4.00 **UCI Mountain Bike World Series**
5.00 **to 6.00** AM **British Superbikes**

Premier Sports 1

419 551

6.00 AM **LaLiga Specials**
7.00 **British Minibikes** Round three.
8.00 **Euro Le Mans Highlights**
9.00 **Ultimate Karting Championship**
10.00 **Major League Cricket** Seattle Orcas v Texas Super Kings.
2.30 PM **Motorsport** Valentino Rossi.
3.00 **Ultimate Karting Championship** At Warden Law.
4.00 **PSA Squash Highlights**
5.00 **Ibiza Marathon** Recent action.
5.30 **NASCAR Highlights**
6.30 **LIVE NASCAR** The Grant Park 165, the latest round of the season on the streets of Chicago.
11.00 **MotorSport** Valentino Rossi.
11.30 **Scottish Rally Championship** Action from the latest round of the Scottish Rally Championship.
12.00 M'T **Transworld Sport**
1.00 AM **UK Independent Kart Racing** The fourth round.
2.30 **Africa Eco Race** The 12th stage.
3.00 **to 6.00** AM **Ultimate Karting Championship**

Premier Sports 2

420 552

6.00 AM **Copa Del Rey** Barcelona v Real Madrid in this year's final.
9.00 **LaLiga Specials**
10.00 **NASCAR Xfinity Series**
1.00 PM **Bike World** Action from the high octane world of two wheels.
1.30 **CONCACAF Gold Cup** Another chance to see the final.
3.30 **Football's Greatest**
4.30 **Major League Cricket** MI New York v Los Angeles Knight Riders.
9.00 **Temples of Sport** Iconic sporting venues from around the globe.
9.30 **CONCACAF Gold Cup** Another chance to see the final.
11.30 **FastZone** Motorsports highlights show covering everything from prototypes to endurance racing.
12.00 M'T **Bike World** Magazine.
12.30 AM **United Rugby Championship** The Grand Final.
2.30 **Temples of Sport**
3.00 **IIHF World Championships** A replay of Sweden v Denmark.
5.00 **to 6.00** AM **LaLiga Specials**

Sky Sports F1

406 406 516 506 424 444

6.00 AM **Formula 1** British Grand Prix.
8.00 **Jenson & the FW22: Extended**
8.15 **LIVE British F4** Coverage of the second race from Silverstone.
9.00 **F1 Features**
9.25 **LIVE Formula 3** The British Grand Prix feature race.
10.25 **F1 Features**
11.00 **LIVE Formula 2** The British Grand Prix feature race.
12.20 PM **F1 Features**
1.00 **Ted's Notebook**
1.30 **LIVE Formula 1** The British Grand Prix from Silverstone.
6.00 **Ted's Notebook**
6.30 **Hill** A profile of Damon Hill.
8.00 **Formula 1** British Grand Prix.
9.00 **Ted's Notebook**
9.30 **Formula 2** British Grand Prix.
10.50 **Formula 3** From Silverstone.
11.50 **Jenson Back in His Brawn Car**
12.00 M'T **Indycar** Honda Indy 200.
2.30 AM **Charles Leclerc IV**
2.40 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Monday

7 July

Evening Planner

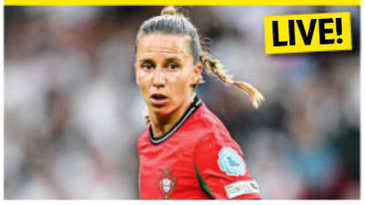
Tennis

Wimbledon

BBC1, BBC2 & BBC iPlayer, from 11am

Play continues with the men's and ladies' fourth round. Emma Raducanu was the only Brit left at this stage last year.

Football



Women's Euro 2025

ITV1, from 4.15pm

World champions Spain take on Belgium (kick-off 5pm) and Portugal face Italy (k-o 8pm) in today's Group B games.

Documentary

Heatwaves: The New Normal?

BBC2, 7pm

With temperatures rising every year, is the UK prepared for hotter summers?

Reality

Billion Dollar Playground

BBC3, 9pm & 9.55pm (box set, iPlayer)

Australian fly-on-the-wall series set in the luxury world of the uber-rich and the holiday rentals they pay a premium for.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Wimbledon – Live: Further coverage of day eight						10.00 News; Local News	10.40 Have I...
	102 BBC2	7.00 Heatwaves...	7.30 Grand Tours of...	8.00 Your Garden Made Perfect		9.00 Scrublands: Silver	9.45 QI...	10.00 Live at the...	10.30 Newsnight
	103 ITV1		7.15 Football: Women's Euro 2025 – Live: Portugal v Italy (Kick-off 8.00)						10.20 News; Local News
	104 CHANNEL 4	7.00 News		8.00 Dover 24/7: Britain's Busiest Port		9.00 24 Hours in Police Custody		10.00 Crime Scene Cleaners	
	105 5	7.00 Traffic Cops		8.00 Motorway Cops: Catching Britain's...		9.00 Insomnia		10.00 The Body in Room 203: Hotel Murders	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Predators		9.00 The Gilded Age		10.10 Royal Kill List	
ENTERTAINMENT	115 BBC3	7.00 Deadly Dinosaurs with Steve Backshall		8.00 Interior Design Masters with Alan Carr		9.00 Billion Dollar Playground			10.40 Fleabag
	116 BBC4	7.00 Madagascar: Earth's Tropical Islands		8.00 Rise of the Nazis: The Downfall		9.00 Lost Home Movies of Nazi Germany		10.00 Death Camp Treblinka: Survivor Stories	
	118 ITV2	7.00 Deal or No Deal		8.00 Million Dollar Listing: LA		9.00 Love Island		10.05 G'wed	10.40 Family...
	136 MORE4	‹ 6.55 The Dog House Australia		7.55 The Dog House		9.00 Matt Baker: Our Farm in the Dales		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Below Deck: Mediterranean		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Equalizer		9.00 Elsbeth		10.00 Blue Bloods	
	108 SKY ATLANTIC	‹ 6.45 Westworld		7.55 Game of Thrones		9.00 The Gilded Age		10.10 Catherine the Great	
	110 U&GOLD	7.00 Dad's Army			8.20 Open All Hours	9.00 The Vicar of Dibley		10.00 The Royle Family	10.35 The Fast...
	111 U&DAVE	7.00 Would I Lie to You?		7.40 Richard Osman's House of Games		9.00 Have I Got a Bit More News for You		10.00 Dave Gorman: Modern Life Is Goodish	
	119 ITV3	7.00 Heartbeat		8.00 Midsomer Murders				10.00 Grantchester	
	120 ITV4	7.00 Tour de France Highlights		8.00 Beat the Chasers		9.00 Film: Van Helsing			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre: Happy & Glorious		10.00 Bradley & Barney Walsh: Breaking Dad	
	139 SKY SCI-FI	7.00 Atlantis		8.00 Stargate Atlantis		9.00 From the Earth to the Moon		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate SG-1		8.00 Rob Beckett's Smart TV		9.00 Mr Bigstuff		10.00 Poker Face	
	109 U&ALIBI	7.00 Shakespeare & Hathaway		8.00 Beyond Paradise		9.00 Shakespeare & Hathaway: Private Investigators			
	130 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 André Rieu: Live in Dublin			9.45 Brian and Roger Eno Live at the Acropolis		
	132 U&W	7.00 The Shift: Women on the Force		8.00 The Secret Life of 4, 5, 6 Year Olds...		9.00 Deadly Waters with Captain Lee		10.00 Inside the Operating Theatre	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers		8.00 Scrap Kings		9.00 Alaska: Homestead Rescue			
	162 ANIMAL PLANET	7.00 Animal Cribs		8.00 Expedition Bigfoot		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Car S.O.S.					
	123 SKY HISTORY	7.00 Forged in Fire Armed Forces...		8.00 Britain's Most Historic Towns		9.00 Killer Kings		10.00 Discovered by Disaster	
	155 U&YESTERDAY	7.00 Great American Railroad Journeys		8.00 Canal Boat Diaries		9.00 Tropic of Capricorn		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Stax: Soulsville USA		8.00 Anatomy of Lies		9.00 Hill			
FILMS – Sky Cinema	301 PREMIERE	‹ 5.45 William Tell		8.00 Gladiator II					10.30 Strange Darling
	302 2025 RECAP	‹ 5.55 Touch		8.00 Exhibiting Forgiveness				10.00 Rob Peace	
	303 EPIC WORLDS	‹ 4.40 The Lord of the Rings: The Return...		8.00 Raiders of the Lost Ark				10.00 The Wild Robot	
	304 GREATS	‹ 5.05 The Great Escape		8.00 The Shawshank Redemption					10.25 The Bedford...
	305 ANIMATION	‹ 5.40 How to...	7.25 Two by Two			9.00 Open Season 3			10.25 Piece By Piece
	306 FAMILY	‹ 5.40 The Karate Kid Part II		7.50 Peter Rabbit 2: The Runaway			9.30 The Tiger Rising		
	307 ACTION	‹ 6.25 The Lost World: Jurassic Park			8.35 Jurassic Park III			10.10 Jurassic World	
	308 COMEDY	‹ 6.30 The Naked Gun		8.00 Yesterday				10.05 Jules	
	309 THRILLER	‹ 5.55 Red Dragon		8.00 Angels & Demons					10.20 GoodFellas
	310 DRAMA	‹ 6.00 Grease		8.00 Grease 2			9.55 Sabrina		
	311 SCI-FI	‹ 5.50 Terminator Salvation		8.00 King Kong					
	313 FILM4	‹ 6.50 The Devil Wears Prada				9.00 Moonfall			
SPORT	401 MAIN EVENT	7.00 Sky Sports News						10.00 News at Ten	10.30 Back Pages...
	402 PREMIER LEAGUE	7.00 SNF		8.00 Gary Neville's...	8.30 David James: The One and Only			10.00 Class of '92: Full Time	
	403 FOOTBALL	‹ 6.00 EFL Cup Retro		8.00 1983: When Aberdeen Ruled Europe		9.00 EFL Greatest...	9.30 Championship Season Review		
	404 CRICKET	7.00 The Film Room...	7.30 Best of...	8.00 Test Cricket		9.00 Best of England v India		10.00 Test Cricket	
	410 TNT SPORTS 1	‹ 6.30 Superbikes...	7.30 British Speedway – Live: Oxford Spires v Ipswich Witches					10.00 Henley Royal...	10.30 MLB Highlights
	411 TNT SPORTS 2	‹ 2.45 Test Cricket – Live: West Indies v Australia							

‹ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

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BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Crimewatch Caught** (S)(R)
11.15 **Homes Under the Hammer** Properties in Hayes, Great Yarmouth and Swansea. (S)(R)(AD)
12.15 PM **Bargain Hunt** New edition Gary Pe and Kate Bliss assist two teams at an antiques centre in Hele, near Exeter. (S)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 LIVE **Wimbledon** Coverage of day eight of the Grand Slam tournament from the All England Club, where men's and ladies' fourth-round singles matches are scheduled to continue. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

12.15 Bargain Hunt

7 PM

7.00 LIVE **Wimbledon** Clare Balding presents further coverage of day eight from the All England Club, where the men's and ladies' fourth-round singles matches continue. Novak Djokovic showed he is still a force to be reckoned with at this stage last year on Centre Court when, at the age of 37, he comfortably overcame a man 16 years his junior in 15th seed Holger Rune. The Serbian eventually lost to Carlos Alcaraz for the second year running in the 2024 final and has been unable to extend on his record 24 Grand Slam titles since winning the 2023 US Open. He has now slipped to number six in the world rankings, some way behind the top two of Alcaraz and Jannik Sinner, but it would still be a shock if he was not in contention at this stage. (S)

8 PM

9 PM

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Have I Got News for You** Martin Clunes hosts the satirical current affairs quiz, with guest panellists Lyse Doucet and Chloe Petts. (S)(R)
11.10 **This Country** 1/6. The first episode of Daisy May and Charlie Cooper's spoof documentary. (S)(R)(AD)
11.35 2/6. Kerry's neighbour Mandy Harris opens a new tattoo business. (S1) (S)(R)(AD)
12.00 M'T FILM **Atonement** British romantic drama based on the novel by Ian McEwan, starring Keira Knightley and James McAvoy. (S)(AD) (2007, 15, 115min) ★★★★
1.55 AM **Weather for the Week Ahead**
2.00 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.45 AM **The Moment of Proof** Police are left confounded by a serial burglar's disappearing act. (S)(R)
7.15 **Bargain Hunt** Roo Irvine and David Harper assist teams in an antiques centre near Bradford. (S)(R)
8.00 **Sign Zone: Springwatch** Chris Packham and Michaela Strachan present highlights from the Longshaw Estate. (S)(R)
9.00 **BBC News** (S)
10.15 **Politics Live** (S)
11.00 LIVE **Wimbledon** Isa Guha presents coverage of day eight from the All England Club. (S)
3.00 PM LIVE **Wimbledon** Further coverage of day eight of the tournament from the All England Club, where men's and ladies' fourth-round singles matches are scheduled to continue. (S)

9.00 Scrublands: Silver

7.00 NEW **Heatwaves: The New Normal?** The impact of extreme heat on people and environments. (S)
7.30 **Grand Tours of Scotland's Rivers** 2/6. Paul Murton explores the reaches of Royal Deeside. (S)(R)
8.00 **Your Garden Made Perfect** Rachael and Tom are passionate about the great outdoors, so designers Tom Massey and Steve Williams help create their dream garden. Angela Scanlon hosts. (S)(R)
9.00 **Scrublands: Silver** New episode 3/4. Mandy is arrested after a witness claims to have seen her dispose of the murder weapon. (S2) (S)(AD) ■ Concludes tomorrow
9.45 **QI XS** Compilation of highlights. (S)(R)
10.00 **Live at the Apollo** Nabil Abdulrashid introduces stand-up sets by Jake Lambert and Rachel Fairburn. (S)(R)
10.30 **Newsnight** (S)
11.00 **Today at Wimbledon** Highlights of the eighth day's play. (S)
12.00 M'T **Sign Zone: Countryfile** Sean Fletcher and Anita Rani visit Spurn Point in East Yorkshire. (S)(R)
12.55 AM **Sign Zone: Antiques Roadshow** Fiona Bruce presents the show from Pitzhanger Manor in Ealing, West London. (S)(R)
1.55 **Sign Zone: Policing Paradise** Documentary following police officers in Bermuda. (S)(R)
2.25 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Celebrity Catchphrase** Stephen Mulhern hosts a charity edition of the game show, with Charlene White, Russell Kane and Laurence Llewelyn-Bowen. (S)(R)(AD)
3.00 **Lingo** Adil Ray hosts the word-based quiz show. (S)(R)
4.00 **ITV News** (S)
4.15 LIVE **Football: Women's Euro 2025** Spain v Belgium: Seema Jaswal presents all the action from both teams' second match in Group B, held at Arena Thun in Switzerland. Kick-off is at 5.00. (S)

12.30 Loose Women

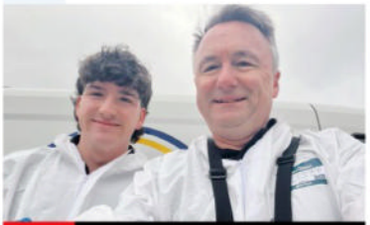
7.15 LIVE **Football: Women's Euro 2025** Portugal v Italy: Laura Woods presents coverage of the second match in Group B for both teams, held at Stade de Genève in Switzerland. Portugal's preparations for this tournament have been far from ideal, as they went into their opener with Spain without a win in five matches, with a goalless draw in a friendly with Nigeria ending a run of four straight defeats. The Italians on the other hand went into the competition on the back of an encouraging UEFA Nations League campaign that saw them finish second in their group. They will see victory in this match as vital to their chances of progressing, with a clash with group favourites Spain to follow. Kick-off is at 8.00. (S)
10.20 **ITV News** (S)
10.50 **Local News** (S)
11.10 **TikTok: Murder Gone Viral** A look at the case of American influencer Alexis Sharkey. (S)(R)(AD)
12.10 AM **Tour de France Highlights** Action from the third stage of the race, a flat 178.3km route from Valenciennes to Dunkerque. (S)(R)
1.00 **Teleshopping**
3.00 **Suspicion** (S1) (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Dermot O'Leary's Taste of Ireland** (S)(SL)(R)(AD)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 25-28/28. (S11) (S)(R)
8.10 **The King of Queens** (S)(R)(AD)
9.10 **Frasier** 9-12/24. (S4) (S)(R)(AD)
11.10 **Ramsay's 24 Hours to Hell and Back** From New Jersey. (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Help! We Bought a Village** (S)(R)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **The Great House Giveaway** An accounts manager and a kitchen-and-bedroom fitter transform a crumbling house. (S)(R)
5.00 **Chateau DIY** At Château de Montvason, Emma and Paul uncover layers of history in the restoration. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** New edition A Birmingham couple go house-hunting in Almería. (S)



10.00 Crime Scene Cleaners

7.00 **News** (S)
8.00 **Dover 24/7: Britain's Busiest Port** Series finale 6/6. Major works are hampering the ferry terminal's operations, and the team race to fix the marina's broken gates that also stop the port from flooding. (S)(AD)
9.00 **24 Hours in Police Custody** Series finale 2/2. Serial sexual predator Craig France is in custody, but the satisfaction of getting a charge is short lived for officers, as the darkest depths of France's criminality begin to come to light. (S)(AD)
10.00 **Crime Scene Cleaners** New edition 2/10. Following a fatal stabbing inside a rental car in London, the crime scene cleaners deal with the aftermath, tackling blood-soaked seats and saturated upholstery. (S)(AD)
11.05 **Shoot to Kill: Terror on the Tube** 1&2/2. Documentary exploring the manhunt following the London bombings of 2005. (S)(R)(AD)
1.00 AM **Ramsay's Kitchen Nightmares USA** (S)(SL)(R)
1.45 **Pushers** (S1) (S)(SL)(R)(AD)
2.40 **Grand Designs** (S)(SL)(R)(AD)
3.35 **The Dog Academy** (S)(SL)(R)(AD)
4.30 **Hollyoaks Omnibus** (S)(SL)(R)
5.35 **Kirstie's Fill Your House for Free**
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley with Matt Allwright** Topical debate. (S)
12.30 PM **Vanessa** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 FILM **Maid to Kill** Thriller starring Kathryn Kohut. (S)(AD) (2023, PG, 100min) ★★
4.00 **Bargain-Loving Brits in the Sun** Catching up with former dancer and onsite sales supremo Bambi. (S)(R)
5.00 **News** (S)
6.00 **Dogs Behaving (Very) Badly** Dog trainer Graeme Hall meets a pair of troublesome Newfoundlands who are scaring their owners' family away. (S)(R)
6.55 **News** (S)

8.00 Motorway Cops

7.00 **Traffic Cops** Officers pursue a teenage driver transporting stolen goods in a 7.5-ton truck with the desperate youth ramming three police cars. (S)(R)
7.55 **News** (S)

8.00 NEW SERIES **Motorway Cops: Catching Britain's Speeders** Return of the series following officers from Humberside police. PC Moff McEwan hunts for a suspected cloned car linked to a burglary. (S)

9.00 **Insomnia** New episode *Bad Blood:* 2/6. Emma's irritation at Phoebe's presence soon gives way to shock when she learns that their mother is dead. (S1) (S)(AD) ■ Continues tomorrow

10.00 NEW **The Body in Room 203: Hotel Murders** A look at the investigation into the murder of Nadine Aburas, whose body was found in a room of the Future Inn in Cardiff on New Year's Day in 2015. (S)

11.05 **Lost Boy: The Killing of James Bulger** The background to the abduction and murder of James Bulger in 1993. (S)(R)
1.05 AM **PlayOJO Live Casino Show**
3.05 **Friends** (S7) (S)(R)(AD)
3.50 **Inside the World's Most Expensive Hotels** (S)(R)
4.40 **Paul Martin's Antiques Showdown** (S)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S10) (S)(R)
11.00 **New Kids in the Wild** (S)(R)
12.00 NOON **The Flash** (S9) (S)(R)
1.00 PM **Hawaii Five-0** (S8) (S)(R)
3.00 **NCIS: New Orleans** (S7) (S)(R)
4.00 **S.W.A.T.** 12/18. (S4) (S)(R)(AD)
5.00 **The Simpsons** *Moho House:* Moe helps Homer and Marge work on their marriage. (S)(R)
5.30 *Looking for Mr Goodbart:* Bart gets in trouble at school and is forced to spend time with Principal Skinner's mother. (S)(R)
6.00 *Dogtown:* The dogs of Springfield assert their dominance over humans. (S)(R)
6.30 *The Star of the Backstage:* Marge stages a revival of a musical from high school. (S)(R)

9.00 The Gilded Age

7.00 **The Simpsons** *Bart's in Jail!:* Grampa falls victim to a phone scam. Featuring the guest voice of Alan Cumming. (S)(R)
7.30 *The Wayz We Were:* Evergreen Terrace develops a traffic problem. (S)(R)

8.00 **Predators** 4/5. In the remote mountains of Patagonia, a female puma has just six months to teach its cubs how to survive in an increasingly competitive world. Narrated by Tom Hardy. (S)(R)(AD)

9.00 **The Gilded Age** New episode *Love Is Never Easy:* 3/8. As negotiations with the duke start to disintegrate, George confronts Bertha about her vision for Gladys and its inadvertent impact on his business. (S3)

10.10 **Royal Kill List** 3/3. Charles decides to dispatch assassins to Europe in an attempt to stamp his power abroad, but his authority begins to unravel at home as his queen publicly challenges him. (S)(R)

11.10 **Curb Your Enthusiasm** 7/10. Larry ruins a valuable doll by cutting off its hair. (S)(R)
11.45 8/10. Larry accidentally injures basketball player Shaquille O'Neal. (S2) (S)(R)
12.20 AM **The Force: North East** (R)
1.15 **Brit Cops: Law & Disorder** (R)
2.10 **Road Wars** (S)(R)
3.00 **NCIS: New Orleans** (S7) (S)(R)
4.00 **S.W.A.T.** 12/18. (S4) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40-11.10pm NEW True North: High Stakes (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.40pm Saving Lives in Cardiff (S)(R) **11.40** FILM Atonement (S)(AD) (2007, 15, 110min) ★★★★ **1.30-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
8.00pm The Game – The Story of Hurling New edition (S) **8.55-9.00** The Chronicles of Strangford (S)(R) **10.00-10.30pm** Ar Scáth an Cheoil (S)(R)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Arfordir Cymru: Sir Benfro (AD) **12.30** Heno Aur **1.00** Prynhawn Da New edition **1.55** Newyddion a'r Tywydd **2.00** LIVE Seiclo: Tour de France **4.35** Pablo **4.45** Kim a Cet a Twrch **5.00** Stwnsh **6.00** Y Sîn (AD) **6.30** Rownd a Rownd (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Y Byd ar Bedwar New edition **8.55** Newyddion a'r Tywydd **9.00** Ffermio New edition **9.28** Y Tywydd **9.30** Seiclo: Tour de France **10.00** Cefn Gwlad (AD) **11.00pm-12.05am** Yr Ynys

TV&Satellite week
New issue on sale tomorrow

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Deadly Dinosaurs with Steve Backshall** 1/10. The biggest dinosaurs to have ever walked the earth. **7.30** 2/10. Steve tracks down the deadliest of all dinosaur defenders.
7.55 **The Catch Up**
8.00 **Interior Design Masters with Alan Carr** 4/8. The designers work in pairs to transform three independent shops in Harrogate.
9.00 NEW SERIES **Billion Dollar Playground** 1/6. Australian reality show about luxury service professionals. **9.55** New edition 2/6. A surprise leadership change shifts the team's dynamic. ■ Entire series on BBC iPlayer
10.40 **Fleabag** 1&2/6. (S1)
11.35 NEW SERIES **The Tooney and Russo Show**
12.00 M'T **To Catch a Stalker**
1.35 AM **Such Brave Girls** (S2)
2.30 **What It Feels Like for a Girl** 8/8. Drama. (S1)
3.20 **Ballers: Ball or Nothing**
3.50 **to 3.55** AM **Press X on the BBC**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me** Five editions of the culinary contest from Derby.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Kirstie and Phil's Love It or List It** A couple who have fallen out of love with their home in Walthamstow.
6.55 NEW SERIES **The Dog House Australia** A family of five are on a quest to find a new furry friend.
7.55 **The Dog House** Doting owners Yvonne and Graham think their sausage dog Baxter needs a buddy and have their eyes on fellow sausage Tinkerbell.
9.00 **Matt Baker: Our Farm in the Dales** As snow falls, Matt sets out to transform an old barn into a poultry shed to protect Janice's prize-winning rare-breed chickens from the cold.
10.00 **24 Hours in A&E** An on-call stroke doctor recalls his experiences during the COVID-19 pandemic. **1.05** A 76-year-old man sustains a head injury after falling down some stairs.
12.10 AM **Matt Baker: Our Farm in the Dales** As 9.00pm.
1.15 **999: On the Front Line**
2.20 **24 Hours in A&E**
3.25 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Madagascar: Earth's Tropical Islands** 1/3. Exploring the flora and fauna of the island, which has given rise to more unique plants and animals than any other on Earth.
8.00 **Rise of the Nazis: The Downfall** 1/3. Examining the actions of Hitler and his inner circle as the Third Reich faced collapse.
9.00 **Lost Home Movies of Nazi Germany** 1/2. Delving into private film collections from the Nazi era to reveal how ordinary Germans lived during peacetime and the experiences of soldiers.
10.00 **Death Camp Treblinka: Survivor Stories** An insight into how Samuel Willenberg and Kalman Taigman escaped from the concentration camp in Poland, where more than 800,000 Polish Jews died during the Nazi Holocaust.
11.00 **Berlin 1945**
11.50 **Colosseum**
2.15 **to 3.15** AM **Madagascar: Earth's Tropical Islands**

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Kitchen Nightmares USA**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons** *The Girl Who Slept Too Little:* The town's graveyard is moved.
7.00 **Hollyoaks** Dillon finally reaches breaking point.
7.30 **The Simpsons** *It's a Mad, Mad, Mad, Mad Marge:* Otto breaks up with his new bride.
8.00 **Below Deck: Mediterranean** New edition A potential catastrophe looms when a near-fatal dish is served.
9.00 **Gogglebox** Opinions on *Michael McIntyre's The Wheel* and *Jamie's £1 Wonders.* **10.00** *Stanley Tucci: Searching for Italy* and *Hollyoaks are* appraised.
11.05 **First Dates**
12.05 AM **The Big Bang Theory**
1.05 **Brooklyn Nine-Nine**
2.05 **The Goldbergs**
2.55 **Modern Family**
3.20 **Below Deck: Mediterranean**
4.10 **Kitchen Nightmares USA**
5.00 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 306 30 123 256

Monday primetime

MONDAY Entertainment

Monday

Sky Witness

107 107 110 341 356

6.00 AM **Stop, Search, Seize**
7.00 **Border Security: Canada's Front Line** Double bill.
8.00 **Border Patrol** Double bill.
9.00 **Send in the Dogs**
10.00 **Stop, Search, Seize**
11.00 **Bondi Rescue** Double bill.
12.00 NOON **The Good Doctor** (S6)
1.00 PM **FBI** 5/15. (S3)
2.00 **FBI: Most Wanted** 5/15. A rogue militia group open fire on teenagers crossing the Canadian border. (S2)
3.00 **Caught Red Handed**
4.30 **Nothing to Declare**

9.00 Elsbeth

7 PM
7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 The Equalizer *True Believer:* 9/10. A wife reports her husband's involvement in a city bombing. (S1)

9 PM
9.00 Elsbeth New episode *Unalive and Well:* 9/20. A young man is found dead in his car. Guest stars Eric McCormack. (S2)

10 PM
10.00 Blue Bloods *On Dangerous Ground:* 6/21. Danny and Jamie clash over a gang-related shooting. (S13)
11.00 **FBI** 14&15/22. (S4)
1.00 AM **The Equalizer** 7/10. (S1)
2.00 **The Rookie** New episode 6/18. John and Celina try to track down a missing girl. (S7)
3.00 **The Good Doctor** 10/22. (S6)
4.00 **Highway Cops**
5.00 **to 6.00** AM **Air Ambulance ER**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
7.40 **The Sopranos** 11&12/13. (S5)
9.40 **Westworld** 1&2/8. (S3)
12.10 PM **Game of Thrones** (S7)
1.15 **Unwanted** 5&6/8. (S1)
3.25 **The Sopranos** 11/13. Tony is haunted by his crimes.
4.25 12/13. Christopher discovers Adriana's secret. (S5)
5.25 **Westworld** 1/8. The critical event that marked the end of the last season threatens to consume the outside world.
6.45 2/8. Bernard makes his way back to Westworld. (S3)

10.10 Catherine the Great

7 PM
7.55 Game of Thrones *Stormborn:* 2/7. Daenerys receives an unexpected visitor, while Jon faces resistance and Tyrion plans the conquest of Westeros. (S7)

8 PM
8.00 The Gilded Age New episode *Love Is Never Easy:* 3/8. George confronts Bertha about her vision for Gladys. (S3)

9 PM
9.00 The Gilded Age New episode *Love Is Never Easy:* 3/8. George confronts Bertha about her vision for Gladys. (S3)

10 PM
10.10 Catherine the Great 2/4. Prince Paul becomes increasingly frustrated at the perceived refusal of his succession. (S1)
11.15 **Homicide: Life on the Street**
12.10 AM **The White Lotus** 5/6. Paula grows disillusioned. (S1)
1.20 **Big Little Lies** 2/7. (S2)
2.20 **The Leftovers** 3/10. (S2)
3.20 **Game of Thrones** As 7.55pm.
4.20 **Fish Town**
5.10 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S8)
8.00 **The Flash** 2/13. (S9)
9.00 **Stargate SG-1** (S10)
11.00 **SEAL Team** 8/22. (S1)
12.00 NOON **The Flash** 3/13. (S9)
1.00 PM **Hawaii Five-0** (S8)
3.00 **NCIS: New Orleans** 15/16. The FBI arrest Connor. (S7)
4.00 **S.W.A.T.** 12/18. Hondo is concerned for his father. (S4)
5.00 **SEAL Team** 7/22. The team try to rescue a CIA agent. (S1)
6.00 **Stargate SG-1** 19/20. Vala is used as bait in a plot to capture Adria. (S10)

7.00 Stargate SG-1

7 PM
7.00 Stargate SG-1 *Unending:* 20/20. The last-ever episode. SG-1's battle with the Ori reaches its conclusion. (S10)

8 PM
8.00 Rob Beckett's Smart TV With Richard Osman, Motsi Mabuse, Danny Dyer and Richard Ayoade.

9 PM
9.00 Mr Bigstuff 1/6. Comedy starring Danny Dyer and Ryan Sampson.
9.30 2/6. Lee tries to track down Steve. (S1)

10 PM
10.00 Poker Face *Day of the Iguana:* 11/12. Charlie helps out a friend who is suspected of murder at a wedding. (S2)
11.00 **Warrior** 5/10. (S1)
12.00 M'T **The Force: North East**
1.00 AM **Brit Cops: Law & Disorder** Documentary.
2.00 **NEW SERIES Creature Commandos** 1&2/4. Adult animation series. (S1)
3.00 **NCIS: New Orleans** 15/16. (S7)
4.00 **S.W.A.T.** 12/18. (S4)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
8.35 **Olivia Marries Her Match**
9.30 **The Only Way Is Essex**
10.15 **Real Housewives of Miami**
11.10 **Real Housewives of Beverly Hills** Reality series.
12.05 PM **Dinner Date**
1.05 **The Bardsley Bunch**
2.05 **The Only Way Is Barcelona**
3.05 **Million Dollar Listing: LA**
4.00 **Real Housewives of Miami** New edition Reality series.
5.00 **Real Housewives of Salt Lake City** Reality series.
6.00 **Celebrity Catchphrase**

7.00 Deal or No Deal

7 PM
7.00 Deal or No Deal Stephen Mulhern hosts as a man takes on the Banker for the chance to win life-changing money.

8 PM
8.00 Million Dollar Listing: LA Altman throws a launch event, and Los Angeles wildfires have a massive impact on the market.

9 PM
9.00 Love Island New edition Reality show in which singletons seeking a romance compete in the hope of finding love.

10 PM
10.05 G'wed 1/5. Ted starts mentoring a teenager with anorexia. (S2)
10.40 Family Guy 4/21. Peter harasses Brian. (S12)
11.10 **Family Guy** 22/22. (S11)
11.40 **American Dad!** (S11&10)
12.35 AM **Bob's Burgers** 2/16. (S14)
1.05 **Plebs** 3/8. (S2)
1.40 **G'wed** As 10.05pm.
2.15 **Totally Bonkers Guinness World Records**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.05 **Where the Heart Is**
10.20 **The Royal** *On the Road.*
11.20 **Heartbeat** Double bill.
1.20 PM **Classic Emmerdale**
2.20 **Classic Coronation Street**
3.20 **Agatha Christie's Poirot**
4.25 **Downton Abbey** 8/9. Edith must choose whether to reveal the truth about her past. (S6)
6.00 **Heartbeat** *Going Home:* An attempted murder leads Nick to uncover a local landowner's shady past.

8.00 Midsomer Murders

7 PM
7.00 Heartbeat *A Chilly Reception:* A relative brings news, and Nick is puzzled when Kate seems less than pleased to see her.

8 PM
8.00 Midsomer Murders *Death of a Stranger:* A fox hunt turns sour when a tramp is found dead in the woods, and matters are further complicated by the murder of the chief suspect's father. Guest stars James Bolam.

10 PM
10.00 Grantchester 1/8. Will and Geordie investigate after a circus performer is found dead having been shot with a crossbow. (S9)
11.00 **Grantchester** 2/8. Will is thinking of leaving. (S9)
11.55 **The Bay** 1/6. Jenn finds horror unfolding for a broken family.
12.55 AM 2/6. Jenn finds evidence that all was not well in the Metcalfs' home. (S4)
1.55 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: Beechgrove Garden**
2.30 **Sign Zone: The Repair Shop on the Road**
4.00 **This Is BBC Scotland**
7.00 **Reporting Scotland**
7.30 **Grand Tours of Scotland's Rivers** Paul follows the River Ayr.
8.00 **Scotland's Greatest Escape** Best friends Suzie and Shirley try out waterfront getaways.
8.30 A father and daughter try out three well-being retreats.
9.00 **Granite Harbour** 1/3. Thriller starring Romario Simpson. (S1)
10.00 **River City** New episode Conor gets some home truths from Maggie.
10.30 **Situationships with Sophie and Christine**
11.00 **Only Child** 5/6. (S1)
11.30 PM **to 12.00** M'T **Gary: Tank Commander** (S1)

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Betty** 3&4/6. (S2)
9.15 **The Conners** (S4)
10.15 **Entourage** (S7)
11.25 **Crashing** (S2&3)
12.45 PM **Silicon Valley**
2.00 **Entourage** (S7)
3.10 **Betty** 3&4/6. (S2)
4.20 **Crashing** (S2&3)
5.30 **Ballers** 1&2/10. (S1)
6.45 **The Conners** (S4)
7.45 **Silicon Valley** 5/10. A stressed-out Richard struggles to find office space for Pied Piper.
8.25 6/10. Erlich reconnects with a former protégée, while Jared pushes Carla and Monica together. (S2)
9.00 **Sarah Silverman: Someone You Love** Stand-up comedy show from the Wilbur Theater in Boston.
10.10 **Upright** 1&2/8. (S2)
11.25 **Curb Your Enthusiasm**
12.45 AM **Entourage** (S1)
2.10 **Fantasmas** (S1)
4.20 **to 5.00** AM **Betty**

Sky Arts

130/131 114/115 123 36 143 24 350 365

6.00 AM **Jonas Kaufman at Arena di Verona**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Portrait Artist of the Year: The Exhibition**
3.00 **Classic Movies: The Story of The Third Man**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **André Rieu: Live in Dublin**
9.45 **Brian and Roger Eno: Live at the Acropolis**
11.20 **A Sudden Glimpse to Deeper Things**
1.05 AM **The Lost Music of Auschwitz** Documentary.
2.35 **Nigel Kennedy: The Four Seasons**
3.45 **Inside Art**
4.45 **to 6.00** AM **Highlights**

Sky Mix

151 158 135 11 141 23

7.00 AM **Customs UK**
8.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Nothing to Declare** Double bill.
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S5)
6.00 **Stargate Universe**
7.00 **Star Trek: The Next Generation** 5/26. (S1)
8.00 **Star Trek: Deep Space Nine** 15/26. (S2)
9.00 **FBI** *Salvation:* 9/19. The team works to unravel connections to a teacher who has gone missing.
10.00 *Ties That Bind:* 10/19. A former kidnapping victim is linked to a murder. (S2)
11.00 **Grimm** 9/22. (S4)
12.00 M'T **Nothing to Declare**
2.00 AM **Brit Cops: Frontline Crime UK** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Word-based quiz hosted by Adil Ray.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
1.00 PM **Lingo** Word-based quiz hosted by Adil Ray.
2.00 **In for a Penny** Stephen Mulhern invites members of the public to play more games.
3.00 **Tenable** Double bill of the game show.
5.00 **Deal or No Deal** Stephen Mulhern hosts the game show.
6.00 **Lingo** Double bill of the quiz hosted by Adil Ray.
8.00 **Deal or No Deal** Stephen Mulhern hosts the game show as John takes on the ruthless Banker.
9.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.00 M'T **In for a Penny** Stephen Mulhern invites the public to play games.
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 50 48

8.00 AM **Hart to Hart** (S3)
9.00 **Diagnosis Murder**
11.00 **Father Dowling Mysteries** 19/22. (S3)
12.00 NOON **Sue Thomas: F.B.Eye** 3/19. (S1)
1.00 PM **Hart to Hart** (S3)
2.00 **Father Dowling Mysteries** 2/8. (S1)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 13-16/25. (S6)
9.00 **Randall and Hopkirk (Deceased)** 13/26. (S1)
10.00 **The Avengers** *The Positive Negative Man:* 22/24. Steed and Mrs Peel track down a man responsible for a string of grisly murders. (S5)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S6)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Best of the 70s**
6.15 **The Protectors**
6.45 **The Professionals**
7.50 **Dempsey and Makepeace**
8.50 **Magnum, PI**
9.50 **Kojak**
10.55 **Giant Lobster Hunters**
11.50 **Return of Sherlock Holmes**
1.00 PM **Tour de France Highlights**
2.00 **Made in Britain**
2.30 **LIVE Tour de France**
5.00 **Great Racehorses**
5.20 **River Monsters**
5.55 **Minder**

8.00 **Beat the Chasers**

7.00 **Tour de France Highlights** Action from stage three, a 178.3km route from Valenciennes to Dunkerque.

8.00 **Beat the Chasers** Bradley Walsh hosts the quiz show as contestants from across the UK take on the six experts.

9.00 **FILM Van Helsing** Fantasy adventure with Hugh Jackman, Kate Beckinsale and Richard Roxburgh. The Vatican sends vampire hunter Van Helsing to Transylvania to battle with Count Dracula. (2004, 12, 132min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **FILM Double Jeopardy** Thriller starring Ashley Judd and Tommy Lee Jones. (1999, 15, 105min) ★★★
1.40 AM **Motorsport UK** Recent action from Snetterton.
2.30 **Two and a Half Men**
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: The Next Generation** 3/26. (S7)
2.00 **Atlantis** 9/13. (S1)
3.00 **Stargate Atlantis** 20/20. (S1)
4.00 **Star Trek: Voyager** 12/26. (S6)
5.00 **Star Trek: The Next Generation** 3/26. Geordi tries to rescue his mother. (S7)
6.00 **Star Trek: Enterprise** 14/24. Archer tries to trick Degra. With Randy Oglesby. (S3)

7.00 **Atlantis**

7.00 **Atlantis** *Pandora's Box:* 9/13. Medusa is kidnapped by cruel moneylender Kyros and held to ransom. (S1)

8.00 **Stargate Atlantis** *The Siege – Part Two:* 20/20. The Wraith close in and the future of the city looks doomed. (S1)

9.00 **From the Earth to the Moon** *1968:* 4/12. The year is 1968 and the astronauts prepare for the Apollo 8 launch. (S1)

10.00 **The Walking Dead** *Guardians:* 12/16. A mission to rescue a friend has deadly consequences. (S9)

11.00 **Wynonna Earp** 6/12. It's the holiday season in Purgatory. **12.00** M'T 7/12. Mama learns about Doc's secret. (S3)
1.00 AM **True Blood** 3/12. Debbie's parents arrive in Bon Temps. **2.00** 4/12. Bill and Eric hunt for Russell Edgington. (S5)
3.00 **Room 104** 5&6/12. (S2)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S7)
9.00 **Father Brown**
10.00 **WPC 56** 5/5. (S1)
11.00 **Hudson & Rex** 12/16. (S3)
12.00 NOON **Shakespeare & Hathaway: Private Investigators** 5/10. (S4)
1.00 PM **Beyond Paradise** 5/6. (S1)
2.00 **Murdoch Mysteries** (S7&8)
4.00 **WPC 56** 5/5. (S1)
5.00 **Hudson & Rex** 12/16. (S3)
6.00 **Father Brown** *The Scales of Justice:* The sleuthing priest must race to save Bunty from the hangman's noose.

8.00 **Beyond Paradise**

7.00 **Shakespeare & Hathaway: Private Investigators** 5/10. Lu infiltrates a local slimming club. (S4)

8.00 **Beyond Paradise** 5/6. An arsonist bizarrely invokes the *Three Little Pigs* fable when targeting local businesses. (S1)

9.00 **Shakespeare & Hathaway: Private Investigators** 1/10. Frank encounters an old enemy. Guest stars Jim Moir.

10.00 **Shakespeare & Hathaway: Private Investigators** 2/10. A rock star believes the Devil is trying to kill him. (S3)

11.00 **Father Brown** As 6.00pm.
12.00 M'T **Shakespeare & Hathaway: Private Investigators** As 7.00pm.
1.00 AM **Elementary** 16/21. An engineer is murdered. (S6)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.15 AM **Highlights**
9.35 **Ever Decreasing Circles**
10.10 **Are You Being Served?**
10.50 **Open All Hours**
11.30 **Last of the Summer Wine**
12.45 PM **The Green Green Grass**
1.20 **Ever Decreasing Circles**
2.00 **Dad's Army**
2.35 **Open All Hours**
3.15 **Are You Being Served?**
3.55 **Last of the Summer Wine**
5.10 **Ever Decreasing Circles**
5.50 **The Green Green Grass**
6.25 **Are You Being Served?**

8.20 **Open All Hours**

7.00 **Dad's Army** Mainwaring sets up an observation post in a local lighthouse. **7.40** Jones's reputation is called into question by an old comrade.

8.20 **Open All Hours** Nurse Gladys Emmanuel has a problem with her washing machine.

9.00 **The Vicar of Dibley** Geraldine's hopes of romance are fuelled by a visit from David's handsome brother.

10.00 **The Royle Family** Barbara decides she has had enough of Jim's laziness and walks out.

10.35 **The Fast Show** Comedy sketch show. Bob Fleming goes badger watching.

11.15 **Not Going Out**
12.35 AM **The Vicar of Dibley**
1.30 **The Royle Family**
2.20 **The Fast Show**
2.50 **to 4.00** AM **Not Going Out**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **The Weakest Link**
8.00 **Cops on the Rock**
10.00 **The Boat That Guy Built**
11.00 **Rick Stein's Mediterranean Escapes** As 6.00pm.
12.00 NOON **Storage Hunters UK**
2.00 PM **Guy Martin's Battle of Britain** 1/2. The training of a World War Two fighter pilot.
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British**
6.00 **Rick Stein's Mediterranean Escapes** The seafood chef samples Mediterranean food, starting with a visit to Corsica.

10.00 **Modern Life Is Goodish**

7.00 **Would I Lie to You?** With Sara Cox, Jason Manford, Nick Robinson and Harry Shearer. **7.40** **Richard Osman's House of Games** With Stuart Maconie and Lou Sanders. **8.20** Nicki Chapman, Vick Hope, Gethin Jones and Tim Vine take part.

9.00 **Have I Got a Bit More News for You** Richard Ayoade hosts the satirical quiz, with Roisin Conaty and Andy Hamilton.

10.00 **Dave Gorman: Modern Life Is Goodish** The comedian reinvents the alphabet and battles an online nemesis.

11.00 **Taskmaster** Alice Levine, Asim Chaudhry, Liza Tarbuck, Russell Howard and Tim Vine tackle bewildering tasks.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Survivor South Africa**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **A Place in the Sun**
9.30 **Sun, Sea and Selling Houses** From Spain.
10.30 **Help! We Bought a Village** From Bulgaria.
11.30 **Chateau DIY**
12.30 PM **A Place in the Sun**
1.30 **Narrow Escapes**
2.30 **Sun, Sea and Selling Houses** From Almeria.
3.30 **Come Dine with Me**
6.00 **A Place in the Sun**
7.00 **Dover 24/7: Britain's Busiest Port**
8.00 **The World's Biggest Cruise Ship** The construction and launch of the *Icon of the Seas*.
9.00 **24 Hours in A&E**
10.00 **First Dates**
11.05 **Celebrity Gogglebox**
12.05 AM **Celebrity Gogglebox for Stand Up to Cancer**
1.05 **24 Hours in Police Custody** Documentary.
3.05 **Crime Scene Cleaners**
4.05 **to 5.00** AM **Bake Off: The Professionals**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Murder, She Wrote**
11.00 **Law & Order** (S12)
3.00 PM **Law & Order: Criminal Intent** (S1)
6.00 **NCIS** *Mind Games:* 3/24. Gibbs interrogates a death-row prisoner. **7.00** *Silver War:* 4/24. A man's remains indicate he was buried alive. **8.00** *Switch:* 5/24. The team uncover a case of identity theft. (S3)
9.00 **NCIS: Hawaii** New episode *Good Samaritan:* 15/22. A navy deserter accidentally comes out of hiding. (S2)
10.00 **Law & Order: Special Victims Unit** *Lessons Learned:* 8/24. Benson and Barba confront an administrator. (S14)
11.00 **Law & Order: Special Victims Unit** (S14&13)
1.55 AM **Blue Bloods** (S7)
2.50 **The Good Wife** (S7)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Rogue Claimers**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Nightmare Tenants, Slum Landlords**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Ambulance: Code Red** A 22-year-old woman is trapped in her car with a badly injured ankle after a collision.
10.00 **999: Critical Condition** Dr Sanjeev Nayak treats a woman with a life-threatening aneurysm.
11.00 **Skin A&E** Documentary.
12.00 M'T **Cause of Death**
1.00 AM **Absentia** New episodes (S2)
2.50 **Quantico** 7/22. (S2)
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.15 **Trucking Hell**
10.15 **Traffic Cops**
11.15 **Police Interceptors**
2.15 PM **FILM A Reason to Live, A Reason to Die** Spaghetti Western. (1972, PG, 92min) ★★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
7.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
8.00 **Police Interceptors**
9.00 **Ice Road Truckers** The cyclone finally arrives. **10.00** A record-breaking snowfall leaves some drivers stranded.
11.00 **Quantum Leap** (S1)
12.00 M'T **Motorway Cops: Catching Britain's Speeders** Documentary.
1.00 AM **Motorway: Hell on the Highway**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.30 **Simply Nigella**
8.00 **Tipping Point**
10.00 **My Dream Home**
11.00 **Don't Hate Your House**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **The Shift: Women on the Force** Documentary.
8.00 **The Secret Life of 4, 5, 6 Year Olds Australia**
9.00 **Deadly Waters with Captain Lee** New edition A boat goes up in flames.
10.00 **Inside the Operating Theatre** Documentary.
11.00 **Mormons Are Coming**
12.20 AM **Inside the Ambulance**
12.50 **Interior Design Masters with Alan Carr**
2.05 **to 3.00** AM **Stacey Dooley Investigates: Second Chance Sex Offenders**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.25 AM **Pie in the Sky**
8.15 **Doctors**
9.35 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Pie in the Sky**
3.00 **Kingdom**
4.00 **Lovejoy**
5.15 **'Allo 'Allo!**
6.00 **Birds of a Feather**
6.40 **Last of the Summer Wine** Double bill.
8.00 **The Inspector Lynley Mysteries** *In the Guise of Death:* 2/4. A horse trainer with financial worries is found hanged. (S4)
10.00 **New Tricks** *Dark Chocolate:* The team look into three rape cases.
11.20 **Spooks** 3/10. (S2)
12.40 AM **Hope Street**
1.40 **'Allo 'Allo!**
2.30 **Birds of a Feather**
3.05 **to 4.00** AM **The Chelsea Detective**

+1 hr 243 316 60 260

MONDAY Entertainment

Monday

Really
142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Cornwall.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
9.00 **The Derbyshire Auction House** Series finale Irita Marriott helps a woman reluctant to part with her late parent's incredible antique collection. **10.00** Irita explores a country house full of wonders, including a 200-year-old clock.
11.00 **The Yorkshire Auction House** Angus clears out an historic property.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
145 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **All Star Family Fortunes Christmas Special**
10.40 **Richard Osman's House of Games**
12.00 NOON **Classic Who Wants to Be a Millionaire?** Quiz.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Classic Who Wants to Be a Millionaire?**
5.00 **The Bidding Room**
6.00 **Tenable** Double bill.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Hot Seat: Who Wants to Be a Millionaire?** Double bill of the Australian version of the big-mioney quiz show.
12.00 M'T **Bullseye** Double bill of the darts-based quiz.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 319 426 42 33

8.10 AM **Wild West Chronicles** Western.
8.50 **Battle Honours**
10.00 **The Avengers** (S6)
11.00 **The High Chaparral**
12.00 NOON **Bonanza** (S1)
1.00 PM **FILM Seven Men from Now** Western. (1956, U, 77min) ★★★
2.50 **FILM Apache Territory** Western. (1958, U) ★★
4.20 **FILM Apache Ambush** Western with Bill Williams. (1955, U, 68min) ★★
6.00 **Bonanza** 19/32. (S1)
7.00 **The High Chaparral**
8.00 **The Avengers** (S6)
9.00 **FILM 16 Blocks** Thriller with Bruce Willis. (2006, 12, 102min) ★★★★
11.15 **FILM Sniper Elite** Sci-fi action adventure. (2014, 15, 91 min) ★★
1.20 AM **FILM Ape vs Monster** Adventure. (2021, 12, 88min) ★★
3.20 **to 5.00** AM **Wild West Chronicles**
+1 hour 324 319

GREAT! movies
321 318 425 34 32

9.00 AM **Saving Lives at Sea**
10.00 **FILM The Student** Thriller. (2017, 12) ★★
12.00 NOON **Heathrow: Britain's Busiest Airport**
1.00 PM **FILM Home Is Where the Killer Is** Thriller. (2019, 12, 87min) ★★
2.55 **FILM Lies Gone Viral** Thriller. (2018, PG) ★★
5.00 **FILM The Wrong Babysitter** Thriller. (2017, 12, 90min) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM Martha's Vineyard Mysteries: A Beautiful Place to Die** Drama. (2020, PG) ★★
10.55 **FILM Garage Sale Mysteries: The Art of Murder** (2017, PG) ★★
12.50 AM **FILM I Almost Married A Serial Killer** Thriller. (2019, 12) ★★
3.00 **Air Rescue** Double bill.
4.00 **to 6.00** AM **FILM Killing Your Daughter** Thriller. (2019, PG, 90min) ★★
+1 hour 322 318

GREAT! romance
319 317 424 52 47

8.00 AM **FILM As Gouda As It Gets** Comedy drama. (2020, PG, 90min) ★★
10.00 **FILM Recipe for Love** Romantic comedy. (2014, PG, 86min) ★★
12.05 PM **FILM The Way to the Heart** Drama. (2022, PG, 86min) ★★
2.00 **FILM Sailing into Love** Drama. (2019, PG) ★★
3.55 **FILM Love Map** Comedy. (2022, PG, 89min) ★★
6.05 **FILM Love in the Sun** Romantic drama. (2019, PG, 82min) ★★
8.00 **FILM Sun, Sand and Romance** Drama. (2017, PG, 90min) ★★
9.55 **FILM Summer Villa** Romantic drama. (2016, PG, 84min) ★★
11.55 **FILM Love on a Limb** Drama. (2016, PG) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Sailing into Love** Drama. (2019, PG, 90min) ★★
+1 hour 320 317

Rewind TV
182 81 141

6.00 AM **Highlights**
10.00 **Bewitched** 23/36. (S1)
10.30 **I Dream of Jeannie**
11.00 **Jokers Wild**
11.30 **Please Sir!** (S4)
12.00 NOON **Carry On Laughing** 3/6. (S1)
12.30 PM **You're Only Young...**
1.00 **Born Free** 3/13. (S1)
2.00 **From Here to Eternity**
4.00 **Fantasy Island** (S1)
5.00 **A Sharp Intake of...**
5.30 **I Dream of Jeannie**
6.00 **The Monkees** (S1)
6.30 **Don't Drink the Water**
7.00 **Jokers Wild**
7.30 **You're Only Young Twice**
8.00 **Please Sir!** (S4)
8.30 **A Sharp Intake of Breath** 3/6. (S2)
9.00 **Bramwell** 4/10. (S3)
10.00 **Brass** 6/6. (S3)
10.30 **Stereo Underground**
11.30 **The Monkees** (S1)
12.00 M'T **FILM Prisoners of the Lost Universe** (1983)
1.45 AM **Diff'rent Strokes**
2.15 **to 6.00** AM **Highlights**

DMAX
159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Building Alaska**
11.00 **Building Off the Grid**
1.00 PM **Alaska: The Last Frontier** Double bill.
3.00 **Alaska: Homestead Rescue** Misty and Matt find themselves alone on a critical rescue.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Part one of two. A storm closes in on the fleet. **8.00** Part two of two. An arctic storm continues to ravage the fleet.
9.00 **My Feet Are Killing Me**
11.00 **Gold Divers**
12.00 M'T **Speedway Grand Prix** Highlights of round seven from Sweden.
12.30 AM **Wheeler Dealers**
1.00 **Naked and Afraid: Alone**
2.00 **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**
+1 hour 259 369 153

Food Network
140/141 154 190 43 148 39

6.00 AM **Highlights**
9.00 **Rick's Taste of the Sea**
10.00 **The Hairy Bikers**
11.00 **Great British Bake Off**
12.00 NOON **Summer Baking...**
1.00 PM **City Bakes**
2.00 **Islands to Highlands**
3.00 **Barefoot Contessa**
4.00 **Delicious Miss Brown**
4.30 **Girl Meets Farm**
5.00 **Rick's Taste of the Sea**
6.00 **The Hairy Bikers**
7.00 **Great British Bake Off**
8.00 **Summer Baking Championship** New edition
9.00 **Tom Kerridge Secrets of the Pub Kitchen** New editions
10.00 **Secrets of the Curry Kitchen** With Asma Khan.
10.30 **Nadiya's Simple Spices**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Restaurant: Impossible**
+1 hour 240/241 154

Legend
148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 21/22. (S6)
9.00 **The Fall Guy** 20/23. (S1)
10.00 **Knight Rider** (S3)
11.00 **FILM It Came from Outer Space 2** Sci-fi adventure remake. (1996, PG, 84min) ★★
1.00 PM **FILM The Scarlet Blade** Adventure. (1963, U, 83min) ★★
2.35 **FILM Murder by Decree** Mystery. (1978, 12, 112min) ★★★★
5.00 **Star Trek** 15/26. (S2)
6.00 **Knight Rider** 11/22. (S3)
7.00 **The Fall Guy** 21/23. (S1)
8.00 **Walker, Texas Ranger**
9.00 **FILM The Way of the Gun** Crime thriller. (2000, 18, 119min) ★★
11.20 **FILM The Business** Drama with Danny Dyer. (2004, 18, 97min) ★★
1.15 AM **FILM Fugitives** Thriller. (2015, 15) ★★
3.05 **to 4.50** AM **FILM Paydirt** Crime thriller. (2020, 15, 86min) ★

Legend Xtra
317 316 171 69 138 51

6.00 AM **FILM Instrument of War** As 5.00pm.
8.00 **FILM The 7 Adventures of Sinbad** Fantasy. (2010, PG, 90min) ★★
10.00 **The Lost World** (S2)
11.00 **The Curse of King Tut's Tomb** Adventure.
1.00 PM **FILM Dragonquest** Fantasy adventure. (2009, 12, 90min) ★★
3.00 **The Lost World** (S2)
4.00 **The A-Team** 15/25. (S3)
5.00 **FILM Instrument of War** Wartime drama. (2017, 12, 90min) ★★
7.00 **The Lost World** (S2)
8.00 **The A-Team** 16/25. (S3)
9.00 **FILM The Sting** Period crime comedy. (1973, PG, 129min) ★★★★★
11.30 **FILM Smokey and the Bandit III** Comedy adventure sequel. (1983, 15, 80min) ★★
1.15 **to 3.00** AM **FILM Demon Eye** Horror. (2019, 15, 87min) ★★
+1 hour 318 316 371 139

Blaze
164 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Canadian Pickers**
7.35 **Auction Hunters**
8.00 **Storage Wars**
8.55 **Hardcore Pawn**
10.15 **Alien Files: Unsealed**
11.10 **Bermuda Triangle**
12.10 PM **MonsterQuest**
1.05 **Pawn Stars** Double bill.
2.05 **Canadian Pickers** New edition
3.05 **Storage Wars**
4.00 **Ancient Aliens**
6.00 **Alien Files: Unsealed**
7.00 **Canadian Pickers**
8.00 **Dickinson's Real Deal**
9.00 **Curse of Skinwalker Ranch** New edition
10.00 **Cities of the Underworld**
11.00 **Sex: A Bonkers History**
12.00 M'T **Strangest Things**
1.00 AM **Alien Files: Unsealed**
2.00 **Ancient Aliens**
3.45 **Wicked Tuna**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT
153 166 138 46 133 30

9.00 AM **World's Most Scenic Railway Journeys**
11.00 **Ben Fogle: New Lives in the Wild** From Scotland.
12.00 NOON **The Highland Vet**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **The Good Ship Murder** 1&2/8. Crime drama with Shayne Ward and Catherine Tyldesley. (S1)
8.00 **Ben Fogle: New Lives in the Wild** Ben meets a true British caveman in the Suffolk countryside.
9.00 **Cruising with Susan Calman** The comedian embarks on an epic cruise to Antarctica.
10.00 **Holidaying with Jane McDonald** The singer visits Puerto Vallarta on Mexico's west coast.
11.00 **The Good Ship Murder**
1.00 AM **22 Kids & Counting**
3.00 **Secret Life of the Forest**
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **Fantasy Homes by the Sea** From Sussex.
4.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **Escape to the Country**
9.00 **Castle Impossible** New edition Daphne Reckert and Ian Figueira set out to make over a castle playroom.
10.00 **Celebrity IOU** New edition Danny Trejo joins forces with Jonathan and Drew to create a garage getaway.
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**
+1 hour 258/262 391

TLC
133/134 139 165

7.00 AM **Extreme Couponing**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Extreme Sisters**
8.00 **1000-lb Sisters**
9.00 **Welcome to Plathville**
10.00 **Sister Wives** Despite only dating for a few months, Christine and David go house hunting.
11.00 **Sex Sent Me to the ER**
12.00 M'T **World's Tiniest Brothers: Body Bizarre**
1.00 AM **Extreme Couponing**
2.00 **Sister Wives**
3.00 **Sex Sent Me to the ER**
4.00 **1000-lb Sisters**
5.00 **to 6.00** AM **Extreme Couponing**
+1 hour 233/234 365

Comedy Central
112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** (S5)
10.00 **Last Man Standing**
11.00 **Everybody Loves Raymond** 1-4/22. (S1)
1.00 PM **Friends** (S8)
9.00 **Michael McIntyre: Happy & Glorious** Stand-up performance.
10.00 **Bradley & Barney Walsh: Breaking Dad** Barney celebrates his birthday with a trip to the iconic Niagara Falls. **10.30** On the final leg of their journey, the pair continue through the snow to New Hampshire.
11.00 **Absolutely Fine** New episode (S1)
11.30 **Whose Line Is It Anyway? USA**
12.30 AM **South Park** (S9&10)
2.00 **Beavis and Butt-Head**
2.50 **Lost Voice Guy: Cerebral LOLsy**
4.15 **to 5.00** AM **Friends**
+1 hour 212/213 332

Comedy Cen. Extra
127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 12&13/13. (S4)
11.00 **Friends** (S4)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Daria** 1&2/14. (S5)
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing**
7.00 **Everybody Loves Raymond** 1-4/22. (S1)
9.00 **Friends** 7/24. Rachel considers moving out. Guest stars Sean Penn. **9.30** 8/24. Rachel finally tells her father that she is pregnant. **10.00** 9/24. Brad Pitt guest stars in a Thanksgiving special. **10.30** 10/24. Monica spends a fortune on a new pair of boots. (S8)
11.00 **Friends**
2.00 AM **Criminally Funny**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay
152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Border Security: Canada's Front Line**
11.00 **Nothing to Declare**
12.00 NOON **Warehouse 13**
2.00 PM **Highway Patrol**
3.00 **Customs UK**
4.00 **Border Security: Canada's Front Line**
5.00 **Border Patrol**
6.00 **New Amsterdam** (S5)
7.00 **Send in the Dogs**
8.00 **UK Border Force**
9.00 **Brit Cops: Frontline Crime UK** Officers attend a street fight.
10.00 **Stella** 1&2/11. (S3)
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own** With Maisie Adam.
2.00 **We're Here**
3.10 **Duck Quacks Don't Echo** With Jimmy Carr.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **Teen Mom: Young & Pregnant** Reality series.
7.10 **Teen Mom OG**
9.00 **Dallas Cowboys Cheerleaders**
11.00 **Catfish: The TV Show**
1.00 PM **Catfish: Love Triangles** Reality series.
2.00 **Catfish: The TV Show**
7.00 **Teen Mom UK**
8.00 **90's House**
9.00 **Skin A&E**
10.00 **Ink Master** New edition The OGs must battle it out for a spot on their team in a brutal double elimination.
11.00 **Ink Master Redemption**
12.00 M'T **Ridiculousness** New edition Rob, Steelo and Nina Drama see some powerful butts in 'glute destroyers.'
12.30 AM **Ridiculousness**
1.00 **True Life Crime UK**
2.00 **Ink Master**
2.45 **True Love or True Lies?**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Alaska: The Last Frontier**
9.00 **Marooned with Ed Stafford**
11.00 **Kindig Customs** Double bill.
1.00 PM **Deadliest Catch**
4.00 **Gold Rush** Documentary.
5.00 **Building Off the Grid** Two builders team up to experiment with mushrooms as a building material.
6.00 **Border Control: Spain** A customs surveillance officer finds a bag filled with drugs. **6.30** The Civil Guard inspect a suspected stolen vehicle.

6.00 Border Control: Spain

7.00 **Wheeler Dealers** The boys snap up a Mitsubishi Shogun, and Elvis must sort out its rust before upgrading its capability.

8.00 **Scrap Kings** In Birmingham, a dormant car manufacturing plant is torn down, and a chimney is demolished in Sussex.

9.00 **Alaska: Homestead Rescue** Marty Raney returns to the island of Kauai to find the Nash's homestead again in peril, and a surprise guest helps them revive their overgrown garden.

11.00 **Border Control: Spain** New editions Double bill.
12.00 M'T **Moonshiners** Richard implodes Daniel's copper still.
1.00 AM **Alaska: Homestead Rescue** As shown at 9.00pm.
3.00 **Street Outlaws**
4.00 **to 5.00** AM **Blowing Up History**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **Saved by the Barn**
10.00 **Tanked: Unfiltered**
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell**
5.00 **Lone Star Law** The wardens increase patrols for the short pronghorn season.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Amy faces a fresh challenge when an overweight cat, Chubbs, requires immediate facial surgery.

10.00 Alaskan Bush People

7.00 **Animal Cribs** Antonio Ballatore and his team transform a cluttered basement housing more than 20 rescued reptiles.

8.00 **Expedition Bigfoot** Specialists armed with the latest technology set out to locate the fabled Bigfoot.

9.00 **Alaska: The Last Frontier** The team must construct a cattle fence and rebuild a cabin in less than 48 hours.

10.00 **Alaskan Bush People** Ami prepares for a critical check-up, but Billy has concerns about progress on the homestead.

11.00 **Pit Bulls & Parolees** A storm threatens to flood the centre.
12.00 M'T **Crikey! It's the Irwins** Terri and Bindi welcome seven new lemurs from the US.
1.00 AM **Expedition Bigfoot**
2.00 **Animal Cribs** As 7.00pm.
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **The Inner Portrait**
8.30 **Abandoned** A paper factory.
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Ancient X Files**
2.00 PM **Apocalypse: Hitler Takes on the West** Double bill.
4.00 **Construction Fails**
5.00 **Car S.O.S** Fuzz Townshend and Tim Shaw secretly restore a 1983 Citroën 2CV.
6.00 **World War II: Secrets from Above** German battleships attack key Norwegian ports.

8.00 Car S.O.S

7.00 **Air Crash Investigation** A look at what caused Hughes Airwest Flight 706 to collide with a US Marine Corps F-4 Phantom.

8.00 **Car S.O.S** Tim Shaw and Fuzz Townshend head to Dorset to pick up a Ford Escort MK2 RS2000.

9.00 **Car S.O.S** Tim and Fuzz secretly restore a 1967 Aston Martin DB6 for oil worker Steve.

10.00 **Car S.O.S** Tim and Fuzz head to south Wales to pick up a 1984 Toyota FJ40 Land Cruiser.

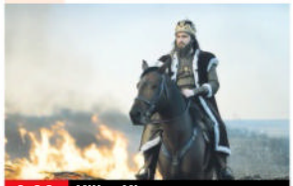
11.00 **Air Crash Investigation** A crash during an air race.
12.00 M'T **Seconds from Disaster**
1.00 AM **To Catch a Smuggler**
2.00 **Bid & Destroy**
2.30 **Lords of War** Double bill.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Dirty Old Cars**
7.00 **Pawn Stars Do America**
8.00 **Rust Valley Restorers**
9.00 **The UnXplained with William Shatner**
10.00 **Storage Wars** Four editions.
12.00 NOON **The UnXplained with William Shatner**
1.00 PM **Dirty Old Cars**
2.00 **Mountain Men**
3.00 **Secrets in the Ice**
5.00 **What on Earth?**
6.00 **American Pickers** A California collector who owns one of the rarest motorbikes in the world.


9.00 Killer Kings

7.00 **Forged in Fire Armed Forces Tournament** Top bladesmiths from the US military compete to win a $50,000 prize.

8.00 **Britain's Most Historic Towns** Alice Roberts visits Chester, examining its Roman heritage by delving into the city's history.

9.00 **Killer Kings** New edition Exploring the case against Ivan IV, also known as Ivan the Terrible, the infamous tsar of Russia.

10.00 **Discovered by Disaster** New edition The unexpected things catastrophic disasters can reveal in their wake.

11.00 **What on Earth?**
12.00 M'T **Strange Evidence** A mysterious bolt of lightning.
1.00 AM **The UnXplained with William Shatner** Regions where ships, planes and people enter and then just disappear.
2.00 **Killer Kings** As 9.00pm.
3.00 **Forged in Fire Armed Forces Tournament** As 7.00pm.
4.00 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash**
10.00 **Nuremberg: Nazis on Trial**
11.00 **Nazi Hunters** As 5.00pm.
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **Nuremberg: Nazis on Trial** The trial of Hitler's deputy Rudolf Hess. Stars Ben Cross.
5.00 **Nazi Hunters** The search for war criminal Josef Mengele.
6.00 **Antiques Roadshow** Fiona Bruce hosts from Hatfield House, Hertfordshire.

9.00 Tropic of Capricorn

7.00 **Great American Railroad Journeys** Michael Portillo travels from Montreal to Ottawa.

8.00 **Canal Boat Diaries** Robbie Cumming travels to Liverpool Docks. **8.30** Robbie battles through blanket weed.

9.00 **Tropic of Capricorn** Simon Reeve embarks on a quest to circumnavigate the globe, tracing the path of the southern tropic.

10.00 **Bangers & Cash** Derek navigates the dry stone walls of the Peak District to collect a very original 1988 Opel Manta.

11.00 **Bangers & Cash** Paul and Jack head to Staffordshire to pick up a Mini and a Morris Minor.
12.00 M'T **Abandoned Engineering** Exploring the vast monolithic structures that dominate the small island of Guernsey.
1.00 **to 3.00** AM **Secrets of the London Underground**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Chasing Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop** The experts repair a camera, a toy rabbit and a draughts board.
8.00 **Shed and Buried**
9.00 **Wheeler Dealers World Tour** Mike and Elvis go on the hunt for Australia's favourite pick up – the Hilux.
10.00 **Find It, Fix It, Drive It**
11.00 **British Superbikes**
12.00 M'T **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes to the Dress: UK** Double bill.
8.00 **Say Yes to the Dress**
12.00 NOON **Betrayed**
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **10 Steps to Murder**
4.00 **American Monster**
6.00 **People Magazine Investigates**
7.00 **Judge Rinder's Crime Stories** The story of Sian O'Callaghan.
8.00 **Murder on CCTV** Three people are fatally shot by a gunman.
9.00 **Murder Chose Me**
10.00 **American Detective with Lt Joe Kenda**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Snapped: Killer Couples** An attack on a spiritual leader takes the investigation into a dark underworld.
8.00 **Britain's Countryside Killers** The case of teenager Alex Davies, who was murdered by Brian Healless.
9.00 **Murder Book** The mystery surrounding the murder of high-school senior Mary Quigley in California in 1977.
10.00 **The Killer You Know** New edition Investigators are stunned when three murder cases end in betrayal.
11.00 **Murder by the Sea**
1.00 AM **Murder Book**
2.00 **The Killer You Know**
3.00 **Britain's Countryside Killers** As 8.00pm.
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Close Calls: On Camera** Four editions.
11.00 **Medical Detectives**
2.00 PM **Close Calls: On Camera** Four editions of the series, including at: **3.30** A base jumper's parachute gets tangled up during a leap.
4.00 **Medical Detectives** A series of deaths span two continents. **4.30** A bomber is on the loose after a woman is killed in her own home. **5.00** A killer attempts to destroy evidence. **5.30** Investigating the death of a young girl. **6.00** When an off-duty police officer is killed, his colleagues are set on finding out why. **6.30** A triple homicide.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
7.00 **Send in the Dogs**
8.00 **The Force: Manchester**
9.00 **Highway Patrol**
10.00 **Road Wars**
11.00 **The Real Manhunter**
12.00 NOON **Murdered at First Sight** True-crime.
1.00 PM **Britain's Most Evil Killers** Documentary.
2.00 **The Killer Within**
3.00 **Catching the Killer**
4.00 **World's Most Evil Killers**
5.00 **The Real Manhunter**
6.00 **The Killer Within**
7.00 **Catching the Killer**
8.00 **World's Most Evil Killers**
9.00 **The Killer Within**
10.00 **Killer in My Village**
11.00 **Britain's Most Evil Killers**
12.00 M'T **The Real Manhunter**
1.00 AM **Killer in My Village**
2.00 **An Unexpected Killer**
3.00 **Snapped**
4.00 **Road Wars**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.40 **1945-1953: From World War to Cold War**
9.50 **Treasures Decoded**
10.50 **The 100 Days That Defined Modern History**
11.50 **The Dictator's Playbook**
1.00 PM **Mafia's Greatest Hits** Carmine Galante.
2.00 **1945-1953: From World War to Cold War**
3.15 **Treasures Decoded**
4.15 **The 100 Days That Defined Modern History**
5.20 **The Dictator's Playbook**
6.30 **1945-1953: From World War to Cold War**
7.45 **Treasures Decoded**
8.50 **The 100 Days That Defined Modern History**
9.50 **The Dictator's Playbook** Examining Saddam Hussein's rule over Iraq.
11.00 **Treasures Decoded**
12.00 M'T **The 100 Days That Defined Modern History**
1.05 **to 2.00** AM **Grand Tours of the Scottish Islands**

MONDAY

Monday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The Movies**
7.00 **Discovering: Sean Connery**
8.00 **The Directors**
9.00 **The Story of Late Night**
10.00 **Stax: Soulsville USA**
11.00 **Anatomy of Lies**
12.00 NOON **Being Mary Tyler Moore**
2.30 PM **I Am Steve McQueen**
4.00 **Discovering: Sean Connery**
5.00 **The Directors**
5.55 **The Vow**
7.00 **Stax: Soulsville USA** 1/4. Documentary about the soul music record label.
8.00 **Anatomy of Lies** 1/3. How writer Elisabeth R Finch fabricated her life story.
9.00 **Hill** A profile of ex-Formula One driver Damon Hill.
10.50 **Hatton** A profile of former boxer Ricky Hatton.
12.50 AM **Adam Hills: Foot Fault**
2.00 **NEW Surviving Ohio State** Documentary exploring the scandal surrounding athletics doctor Richard Strauss.
4.00 **The Directors** As 5.00pm.
5.00 **to 6.00** AM **Discovering: Sean Connery**

Sky Nature

124/125 113/114 189 354 369

6.00 AM **Kenya Wildlife Diaries**
7.00 **Monkey Life**
8.00 **Wildlife ER**
9.00 **Super Shark Highway**
10.00 **Secret Life of the Kangaroo**
11.00 **New Kids in the Wild**
12.00 NOON **Big Cat Country**
1.00 PM **Monkey Life**
2.00 **Wildlife ER**
3.00 **Super Shark Highway**
4.00 **Secret Life of the Kangaroo**
5.00 **Secrets of the Enchanted Forests** Documentary.
6.00 **NEW SERIES Hope for Wildlife: The Next Generation** Behind the scenes of a world-class rehabilitation centre.
7.00 **Monkey Life** Double bill.
8.00 **Predators**
9.00 **Wild Dogs: Pack Vs Pride**
10.00 **Hope for Wildlife: The Next...**
11.00 **Secrets of the Enchanted...**
12.00 M'T **New Kids in the Wild**
1.00 AM **Wildlife Icons**
2.00 **Predators**
3.00 **Wild Dogs: Pack Vs Pride**
4.00 **Wildlife ER**
5.00 **to 6.00** AM **Super Shark Highway**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Deadman's Curse**
9.00 **Weird Britain**
10.00 **River Hunters**
11.00 **Ancient Aliens**
1.00 PM **Deadman's Curse**
2.00 **Weird Britain**
3.00 **Truthseekers**
4.00 **Shipwrecks: When History Resurfaces** A battleship in the Atlantic Ocean.
5.00 **Cracking the Code**
6.00 **Dirty Old Cars**
7.00 **What on Earth?** A lake in Canada that may hold the key to whether life exists on Mars.
8.00 **Auction Hunters** Clinton has a hunch about a quad bike. **8.30** The traders decide to take a tactical approach.
9.00 **Historic Hauntings**
10.00 **Secrets of the Lost Ark**
11.00 **MonsterQuest**
12.00 M'T **Ancient Aliens**
2.00 AM **Secret Wars Uncovered**
3.00 **Secrets of Great British Castles** Arundel Castle.
4.00 **Mission Unexplained**
5.00 **to 6.00** AM **Cracking the Code**

Crime+Investigation

156 142 133

6.00 AM **Cold Case Files**
7.00 **Homicide Hunter**
8.00 **Interrogation Raw**
9.00 **Murdertown**
10.00 **Spring Break Murders**
11.00 **Somebody's Hiding Something**
12.00 NOON **Criminal Confessions**
1.00 PM **Murder By Medic**
2.00 **Killer Britain with Dermot...**
3.00 **Murdertown**
4.00 **Cops Who Kill**
5.00 **When Missing Turns to Murder**
6.00 **Cold Case Files**
7.00 **The First 48 Presents: Critical Minutes**
8.00 **Murder By Medic** New edition
9.00 **Killer Britain with Dermot Murnaghan** New edition
10.00 **Interview with a Killer** Series finale Alicia Keator.
11.00 **Cops Gone Bad**
12.00 M'T **Murder By Medic**
1.00 AM **Killer Britain with...**
2.00 **Interview with a Killer**
3.00 **Criminal Confessions**
4.00 **Killer Britain with Dermot...**
5.00 **to 6.00** AM **Spring Break...**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Critter Fixers: Country Vets**
9.00 **Monster Fish**
10.00 **Savage Kingdom**
11.00 **Out There with Jack Randall**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Baby Sharks in the City**
3.00 **Heartland Docs**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Critter Fixers: Country Vets**
8.00 **NEW Sharks of the North** Sightings of great white sharks on Canada's Atlantic coast.
9.00 **NEW SERIES When Sharks Attack and Why** A single beach in Bali that was the site of seven shark attacks. **9.30** New edition Why shark attacks in Hawaii always double in one particular month.
10.00 **Alaska: The Next Generation**
11.00 **Ice Road Rescue**
12.00 M'T **When Sharks Attack**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Greatest Events of World War II** As shown at 8.00pm.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Greatest Events of World War II** The German tactic of blitzkrieg, literally lightning war, designed to create disorganisation among enemy forces through the use of mobile forces and locally concentrated firepower.
9.00 **Ancient Unexplained Files**
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Forensic Detectives**
1.00 AM **Blowing Up History**
2.00 **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **The Dick Emery Show**
10.50 **Secret Army**
1.10 PM **David Copperfield**
3.35 **The Dick Emery Show**
5.20 **Secret Army** *The Prisoner:* 6/13. A new officer makes a deal with the Germans. **6.35** *Ambush:* 7/13. Bradley makes his first mistake. (S3)
7.45 **David Copperfield** 3/5. David is sent to a public school where he lives with lawyer Mr Wickfield. **9.00** 4/5. David has fallen in love, and hopes that his suitor will return his affection. (S1)
10.10 **The Dick Emery Show** Triple bill featuring comic sketches.
11.50 **Louis Theroux's Forbidden America** The film-maker returns to the US to explore the impact of the internet and social media on some of the most controversial corners of American society.
1.05 AM **Secret Army**
2.20 **David Copperfield**
4.20 **to 6.00** AM **The Dick Emery Show**

+1 hour 266 376

ID

154 141 166

8.00 AM **Evil Lives Here**
9.00 **Evil Lives Here: Shadows of Death** Double bill of editions,
11.00 **Swamp Murders**
1.00 PM **Evil Online**
3.00 **Deadly Secrets**
5.00 **Betrayed** Double bill.
7.00 **Caught in the Net** Police suspect foul play when widow Valena Shepherd is found dead at her home. **8.00** When 12-year-old Aynis Vargas dies in a seemingly random attack, investigators piece together clues from social media, cell phone data and surveillance footage.
9.00 **Faking It: Tears of a Crime** A young woman disappears from a remote Scottish village.
10.00 **American Monster** The story of Jeff Silvernail, who claimed to find his partner dead at home.
11.00 **People Magazine Investigates**
12.00 M'T **Murder Under the Friday Night Lights** Double bill.
2.00 AM **Betrayed** Double bill.
4.00 **to 6.00** AM **Caught in the Net**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Extreme RVs**
7.00 **Kindig Customs**
8.00 **Mega Shippers**
9.00 **World's Greatest Motorcycle...**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Outback Car Hunters**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **World's Greatest Motorcycle Rides** 2/2. From New Zealand.
4.00 **Custom Carolina**
5.00 **Motor Pickers**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Custom Carolina** Tommy and his team are challenged to modify a Lamborghini Huracan.
9.00 **Car Fix** Double bill.
10.00 **Texas Metal**
11.00 **Shed and Buried**
12.00 M'T **Custom Carolina**
1.00 AM **Outback Car Hunters**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.10 AM **I Don't Understand You**
8.00 **Sharp Corner** As 3.45pm.
10.00 **William Tell** As 5.45pm.
12.15 PM **Empire Waist** Comedy drama. (2024, 12, 94min) ★★★
2.00 **I Don't Understand You** Horror comedy starring Nick Kroll. (2025, 15, 97min) ★★★
3.45 **Sharp Corner** Thriller. (2024, 15, 110min) ★★★★
5.45 **William Tell** Historical action drama starring Claes Bang. (2025, 15, 133min) ★★★

5.45 William Tell

8.00 Gladiator II Ridley Scott's historical drama sequel starring Paul Mescal, Pedro Pascal and Denzel Washington. The son of Maximus Decimus Meridius enters the Colosseum in an attempt to bring glory back to Rome. With Connie Nielsen and Derek Jacobi. (2024, 15, 148min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 Strange Darling Thriller starring Willa Fitzgerald and Kyle Gallner. A twisted one-night stand devolves into a serial killer's vicious killing spree and a cat-and-mouse chase. (2023, 18, 97min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Anora** Comedy drama starring Mikey Madison. (2024, 18, 139min) ★★★★★
2.30 **Salem's Lot** Horror thriller. (2024, 15, 109min) ★★★
4.30 **to 6.30** AM **Sharp Corner**

Sky Cinema Epic Worlds

303 303 403 503 517

7.30 AM **The Cinema List: Jurassic**
7.50 **The Lego Movie 2: The Second Part** (2019, U) ★★★★
9.40 **The Wild Robot** As 10.00pm.
11.30 **Jumanji** Fantasy adventure. (1995, PG, 104min) ★★★★
1.20 PM **Shrek** Animated comedy. (2001, U, 90min) ★★★★★
3.00 **Shrek 2** Animated sequel. (2004, U, 93min) ★★★★★
4.40 **The Lord of the Rings: The Return of the King** Fantasy. (2003, 12, 201min) ★★★★★

4.40 ...The Return of the King

8.00 Raiders of the Lost Ark Steven Spielberg's adventure starring Harrison Ford. Buccaneering archaeologist Indiana Jones tries to stop the Ark of the Covenant from falling into Nazi hands. With Karen Allen. (1981, PG, 115min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 The Wild Robot Family animation featuring the voice of Lupita Nyong'o. A shipwrecked robot survives on an uninhabited island with the help of wild animals. (2024, U, 102min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Transformers One** Animation. (2024, PG, 104min) ★★★★
1.35 AM **The Amazing Maurice** Animation. (2022, PG) ★★★★
3.20 **The Portable Door** Fantasy. (2023, PG, 130min) ★★★
5.25 **to 7.10** AM **Robin and the Hoods** Family comedy. (2024, PG, 101min) ★★

Sky Cinema Drama

310 310 410 510 524

6.20 AM **Boy Meets Boy** As 2.05am.
7.50 **Jerry Maguire** Comedy drama. (1996, 15, 139min) ★★★★
10.20 **Flashdance** As 3.20am.
12.10 PM **The Great Escaper** Drama. (2023, 12, 96min) ★★★★
1.50 **One Life** Fact-based drama. (2023, 12, 105min) ★★★★
3.50 **Ghost** Fantasy thriller starring Patrick Swayze and Demi Moore. (1990, 12, 127min) ★★★★
6.00 **Grease** Musical starring John Travolta and Olivia Newton-John. (1978, PG, 110min) ★★★★
8.00 **Grease 2** Musical sequel starring Maxwell Caulfield and Michelle Pfeiffer. A new student joins a high school and falls in love with the most beautiful member of The Pink Ladies gang. (1982, PG, 109min) ★★
9.55 **Sabrina** Billy Wilder comedy with Humphrey Bogart, Audrey Hepburn and William Holden. (1954, b/w, U, 113min) ★★★★
11.50 **Ghost** As shown at 3.50pm.
2.05 AM **Boy Meets Boy** Drama. (2021, 15, 75min) ★★★
3.20 **Flashdance** Dance drama. (1983, 15, 96min) ★★★
5.00 **to 7.05** AM **All That Jazz** Musical fantasy from Bob Fosse. (1979, 15, 123min) ★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

7.15 AM **Cinema List: Men in Black**
7.35 **Dark Skies** As shown at 1.45am.
9.30 **AfrAId** As shown at 5.30am.
11.00 **Aeon Flux** Sci-fi action thriller. (2005, 15, 93min) ★★
12.45 PM **A.I. Artificial Intelligence**
3.25 **Battleship** Sci-fi adventure. (2012, 12, 126min) ★★★
5.50 **Terminator Salvation** Sci-fi action thriller sequel. (2009, 12, 110min) ★★★
8.00 **King Kong** Peter Jackson's monster movie remake starring Naomi Watts, Jack Black and Adrien Brody. A 1930s film crew travel to an unexplored island and encounter the 'eighth wonder of the world' – a giant gorilla to whom the natives offer human sacrifices. (2005, 12, 187min) ★★★★
11.10 **A.I. Artificial Intelligence** Steven Spielberg's sci-fi fantasy starring Haley Joel Osment. (2001, 12, 145min) ★★★★
1.45 AM **Dark Skies** Paranormal thriller starring Keri Russell. (2013, 15, 97min) ★★★
3.30 **Omni Loop** Sci-fi drama starring Mary-Louise Parker. (2024, 12, 112min) ★★★★
5.30 **to 7.00** AM **AfrAId** Sci-fi horror thriller. (2024, 15, 84min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.45 AM **The Karate Kid** Adventure. (1984, 12, 127min) ★★★★
8.55 **Peter Pan** As 3.00am.
10.55 **A Tiger's Journey** Drama. (2023, PG, 94min) ★★★
12.35 PM **The Tiger Rising** (2022)
2.25 **Spy Kids** Action comedy. (2001, U, 88min) ★★★★
4.00 **The NeverEnding Story** Fantasy. (1984, U) ★★★
5.40 **The Karate Kid Part II** Martial arts adventure sequel. (1986, PG, 113min) ★★

9.30 The Tiger Rising

7.50 Peter Rabbit 2: The Runaway Adventure sequel featuring the voice of James Corden. Bored of life in the garden, Peter goes to the big city. (2021, U, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.30 The Tiger Rising Drama with Dennis Quaid. When a 12-year-old discovers a caged tiger in the woods near his home, his imagination runs wild and his life begins to change. (2022, PG, 102min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Blueback** Drama starring Mia Wasikowska and Eric Bana. (2022, PG, 102min) ★★★
1.10 AM **Ella Enchanted** Comic fantasy adventure with Anne Hathaway and Hugh Dancy. (2004, PG, 96min) ★★★
3.00 **Peter Pan** Fantasy adventure starring Jeremy Sumpter. (2003, PG, 113min) ★★★★
5.00 **to 6.50** AM **Bookworm** Comedy starring Elijah Wood. (2024, 12, 103min) ★★★★

Sky Cinema Action

307 307 407 507 521

8.05 AM **Zu: Warriors from the Magic Mountain** Fantasy. (1982, PG, 95min) ★★★★
9.50 **Shaolin Soccer** As 2.30am.
11.45 **One Shot** Action thriller. (2021, 15, 96min) ★★
1.30 PM **The Patriot** Period drama. (2000, 15, 167min) ★★★
4.15 **Jurassic Park** Monster thriller. (1993, PG, 127min) ★★★★★
6.25 **The Lost World: Jurassic Park** Monster thriller sequel. (1997, PG, 129min) ★★★

8.35 Jurassic Park III

8.35 Jurassic Park III Thriller sequel starring Sam Neill and William H Macy. A palaeontologist gets stranded – again – on an island containing genetically engineered dinosaurs. With Téa Leoni and Alessandro Nivola. (2001, PG, 92min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 Jurassic World Action adventure sequel starring Chris Pratt. A safari park for genetically engineered dinosaurs creates a new species. (2015, 12, 124min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Jurassic World: Fallen Kingdom** Action sequel. (2018, 12, 128min) ★★★
2.30 **Shaolin Soccer** Hong Kong martial arts comedy. Subtitled. (2001, 12, 113min) ★★★
4.30 **to 6.25** AM **The Italian Job** Crime thriller inspired by the classic 1960s caper film. (2003, 12, 110min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.35 AM **About Last Night** Comedy remake. (2014, 15, 98min) ★★
8.20 **Jules** As shown at 10.05pm.
9.55 **Blades of Glory** Comedy. (2007, 12, 93min) ★★★
11.35 **Mean Girls** Teen comedy. (2004, 12, 97min) ★★★★
1.15 PM **Mean Girls** Musical remake. (2023, 12, 112min) ★★★
3.10 **Bad Teacher** (2011, 15) ★★★
4.50 **Big Daddy** (1999, 12) ★★★
6.30 **The Naked Gun** Spoof thriller. (1988, 15, 85min) ★★★★

6.30 The Naked Gun

8.00 Yesterday Comedy written by Richard Curtis, directed by Danny Boyle and starring Himesh Patel. A musician wakes up after being hit by a bus to find he is the only person in the world who remembers The Beatles. (2019, 12, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 Jules Comedy drama starring Ben Kingsley and Harriet Harris. Residents of a Pennsylvania town are disturbed when a UFO crashes into a garden. (2023, 12, 87min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Happy Gilmore** Comedy. (1996, 12, 92min) ★★★
1.25 AM **The Estate** Comedy. (2022, 15, 96min) ★★
3.05 **Junior** Family comedy. (1994, PG, 110min) ★★★
5.05 **to 7.25** AM **The Producers** Screen version of Mel Brooks' award-winning stage musical. (2005, 12, 134min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.05 AM **The Independent** (2022)
7.55 **Maggie Moore(s)** Comedy thriller. (2023, 15) ★★★
9.40 **The Da Vinci Code** Thriller. (2006, 12, 149min) ★★★
12.10 PM **Mob Cops** Crime drama. (2024, 15, 87min) ★
1.45 **Chinatown** Crime thriller. (1974, 15, 131min) ★★★★★
4.05 **The Independent** Drama. (2022, 12, 108min) ★★★
5.55 **Red Dragon** Crime thriller. (2002, 15, 124min) ★★★

5.55 Red Dragon

8.00 Angels & Demons Mystery thriller based on the bestseller by Dan Brown, starring Tom Hanks and Ewan McGregor. Harvard professor Robert Langdon must solve a series of cryptic riddles to prevent a hidden time bomb from destroying the Vatican. (2009, 12, 138min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 GoodFellas Martin Scorsese's gangster drama based on the memoirs of a real-life Mafia hood. Stars Robert De Niro, Ray Liotta and Joe Pesci. (1990, 18, 143min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.00 AM **Red Dragon** As 5.55pm.
3.15 **Gloria** Crime thriller. (1980, 15, 121min) ★★★★
5.20 **to 7.25** AM **Greedy People** Comedy thriller starring Joseph Gordon-Levitt. (2024, 15, 113min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Arizona Raiders** Western. (1965, PG, 88min) ★★
12.50 PM **Anastasia** Historical drama. (1956, U, 105min) ★★★
2.55 **All the King's Men** Drama. (1949, b/w, PG) ★★★★★
5.05 **A Kid for Two Farthings** Comedy. (1954, U) ★★★★
6.50 **The Devil Wears Prada** Satirical comedy with Meryl Streep and Anne Hathaway. (2006, PG, 109min) ★★★★

9.00 Moonfall

The Devil Wears Prada (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 Moonfall Sci-fi thriller starring Patrick Wilson and Halle Berry. A mysterious force knocks the moon from its orbit and two astronauts join forces to avert catastrophe. With John Bradley and Donald Sutherland. (2022, 12, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.35 **True History of the Kelly Gang** Drama starring George MacKay and Essie Davis. During the 19th century, Australian bushranger Ned Kelly and his gang flee from the authorities. (2019, 18, 124min) ★★★★
2.10 **to 4.00** AM **Utama** Bolivian drama starring José Calcina and Luisa Quispe. Subtitled. (2022, 12, 87min) ★★★

11 PM

+1hour 314 430 47 301 257

Sky Cinema 2025 Recap

302 302 402 502 516

6.00 AM **Black Dog** As 4.20am.
7.55 **Twilight of the Warriors: Walled In** As 2.10am.
10.05 **William Tell** Historical drama. (2025, 15, 133min) ★★★
12.20 PM **The Convert** As 12.05am.
2.20 **The Bikeriders** Drama starring Tom Hardy and Jodie Comer. (2023, 15, 116min) ★★★★
4.20 **Poison** Drama with Tim Roth. (2024, PG, 86min) ★★★★

5.55 **Touch** Icelandic romantic drama. (2024, 15, 121min) ★★★★
8.00 **Exhibiting Forgiveness** Drama starring André Holland and John Earl Jelks. An artist's rise to success is scuppered by a visit from his estranged addict father. (2024, 15, 117min) ★★★
10.00 **Rob Peace** Drama directed by and starring Chiwetel Ejiofor, with Jay Will and Mary J Blige. A brilliant young man puts his bright future at risk to help his father. (2024, 15, 120min) ★★★

12.05 AM **The Convert** Action drama. (2024, 15, 119min) ★★★★
2.10 **Twilight of the Warriors: Walled In** Hong Kong thriller. Subtitled. (2024, 15, 126min) ★★★
4.20 **to 6.20** AM **Black Dog** Chinese drama. Subtitled. (2024, 12, 110min) ★★★

Sky Cinema Greats

304 304 404 504 518

7.25 AM **...And Justice for All** (1979)
9.25 **The Quiet Man** As 12.15am.
11.35 **Nineteen Nineteen** Drama. (1984, 15, 99min) ★★★
1.15 PM **The Bedford Incident**
3.05 **...And Justice for All** Satirical comedy. (1979, 15, 119min) ★★★
5.05 **The Great Escape** Classic PoW escape adventure starring Steve McQueen and James Garner. (1963, PG, 166min) ★★★★★

8.00 **The Shawshank Redemption** Prison drama with Tim Robbins and Morgan Freeman. A mild-mannered banker convicted of murder forms an unlikely friendship with a fellow convict. (1994, 15, 142min) ★★★★★
10.25 **The Bedford Incident** Adventure thriller starring Richard Widmark as the obsessive commander of a US destroyer tracking a Russian submarine in the North Atlantic. (1965, b/w, PG, 105min) ★★★

12.15 AM **The Quiet Man** Romantic drama. (1952, U, 129min) ★★★
2.25 **Scent of a Woman** Drama. (1992, 15, 157min) ★★★★
5.00 **Sky Cinema Preview**
5.45 **to 7.40** AM **Holiday Inn** Musical comedy starring Bing Crosby. (1942, b/w, U, 101min) ★★★★

Sky Cinema Animation

305 305 412 500 514

6.20 AM **Rock Dog 3: Battle the Beat**
8.00 **Open Season 2** Animation. (2008, PG, 73min) ★★★
9.25 **Wallace & Gromit: The Curse of the Were-Rabbit** Animation. (2005, U, 85min) ★★★★★
11.00 **Kung Fu Panda** Animation. (2008, PG, 92min) ★★★★
12.40 PM **Madagascar 3: Europe's Most Wanted** Animated sequel. (2012, PG, 93min) ★★★★

2.25 **Madagascar** Animated comedy. (2005, U, 86min) ★★★
4.00 **Kung Fu Panda 2** Animation. (2011, PG, 90min) ★★★★
5.40 **How to Train Your Dragon** Animated fantasy adventure. (2010, PG, 98min) ★★★★
7.25 **Two by Two** Animated adventure. (2015, U, 85min) ★★
9.00 **Open Season 3** Animated comedy adventure sequel. (2010, U, 74min) ★★
10.25 **Piece By Piece** Animation. (2024, PG, 94min) ★★★★

12.05 AM **Little Vampire** Animation. (2020, PG, 85min) ★★★
1.35 **Open Season: Scared Silly** Animation. (2015, PG) ★★★
3.05 **Curious George** Animation. (2006, U, 87min) ★★★★
4.35 **to 6.15** AM **Rock Dog 3: Battle the Beat** (2022, U) ★★

Movies 24

312 313 419

7.00 AM **A Very Vermont Christmas** Drama. (2024, PG, 88min) ★★
9.00 **A Carol for Two** Romantic drama. (2024, PG, 90min) ★★
11.00 **Haul Out the Holly** Festive comedy. (2022, PG, 90min) ★★
1.00 PM **Believe in Christmas** Romantic comedy drama. (2024, PG, 90min) ★★
3.00 **Mistletoe In Montana** Drama. (2021, PG, 83min) ★★

5.00 **Christmas on Cherry Lane** Drama. (2023, PG, 90min) ★★
7.00 **Hanukkah on Rye** Romantic comedy starring Yael Grobglas. (2022, PG, 90min) ★★
9.00 **The Christmas Quest** Festive adventure starring Lacey Chabert. An archeologist and her ex-husband try to stop an Icelandic treasure from falling into the wrong hands. (2024, PG, 90min) ★★
11.00 **My Christmas Hero** Drama. (2023, PG, 84min) ★★

1.00 AM **#Xmas** Festive comedy. (2022, PG, 90min) ★★
3.00 **to 5.00** AM **Season's Greetings from Cherry Lane** Festive drama anthology sequel. (2024, PG, 84min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Midnight at Madame Tussaud's** Vintage chiller. (1936, b/w, PG, 62min) ★★★
7.20 **Freedom to Die** Crime thriller. (1961, b/w, PG, 62min) ★★★
8.35 **Impact** Crime thriller. (1963, b/w, U, 62min) ★★
9.50 **On the Fiddle** Wartime comedy. (1961, b/w, PG, 97min) ★★
11.50 **Dublin Nightmare** Mystery. (1958, b/w, PG, 61min) ★★★

1.05 PM **St Benny the Dip** Comedy. (1951, b/w, PG, 80min) ★★★
2.45 **Conflict of Wings** Drama. (1954, U, 84min) ★★★
4.25 **The Beverly Hillbillies** (S2)
4.55 **Scotland Yard** 21/39. (S1)
5.30 **Bonanza** 22/32. (S1)
6.30 **Out of Town**
7.00 **The Footage Detectives**
8.00 **Public Eye** 2/13. (S7)
9.05 **The Anderson Tapes** Heist thriller. (1971, 15, 98min) ★★★
11.05 **Timeslip** Sci-fi action thriller. (1955, b/w, 12, 93min) ★★★

12.55 AM **Svengali** Melodrama. (1954, PG, 82min) ★★
2.35 **Pot O' Gold** Comedy. (1941, b/w, U, 85min) ★★★
4.15 **Bindle** Comedy starring Alfie Bass. (1966, U, 58min) ★★
5.25 **to 6.00** AM **The Life and Legend of Wyatt Earp**

MONDAY Sport 7 July

Monday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News** Round-up of the day's early sports news, with live analysis and comment, plus extended interviews with the headline-makers.
7.00 **Good Morning Sports Fans** News and views on today's early stories, a look at the back pages, a tip on today's racing and a sporting weather forecast.
10.00 **Sky Sports News** Round-up of the morning's latest sports news, with live analysis and comment, plus extended interviews with the headline-makers.
12.00 NOON **Lunchtime Live** A look at the sports stories making the headlines this lunchtime.
2.00 PM **Sports Desk** Sports news with live analysis and comments.
5.00 **Sports Centre** The latest sports news, with analysis and comments, plus interviews with the headline makers.
7.00 **Sky Sports News** Round-up of this evening's top stories, featuring a look at the day's main events and a preview of upcoming action.
10.30 **Back Pages Tonight**
11.00 PM **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **SNF** Premier League action.
10.00 **Premier League Years**
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **PL Retro** Manchester United v Manchester City in 2009/10.
3.00 **Premier League 100 Club**
4.00 **Premier League Icons**
5.00 **SNF** Everton v Newcastle United.
5.30 Manchester City v Chelsea.
6.00 Highlights of Manchester City v Tottenham Hotspur.
6.30 Manchester United v Nottingham Forest at Old Trafford.
7.00 Highlights from Nottingham Forest v Aston Villa.
7.30 West Ham United v Arsenal.
8.00 **Gary Neville's Soccerbox**
8.30 **David James: The One and Only** A look at the past, present and future of goalkeeping.
10.00 **Class of '92: Full Time**
11.00 **Premier League Icons**
12.00 M'T **Premier League Legends**
1.00 AM **Premier League Years** The 1999/2000 season.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **Premier League 100 Club**
5.30 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Cup** The 2010 final.
8.00 **SPFL** Archive action.
9.00 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **Best Moments from the Championship Play-Off Final**
11.30 **Best Moments from the League 1 & 2 Play-Off Final**
12.00 NOON **EFL Cup** Manchester United v Southampton in 2017.
2.00 PM **There's Only One Sauzee**
2.30 **Dundee United: Champions 83**
3.00 **EFL Greatest Games**
4.00 **Championship Season Review**
5.00 **Best Goals: EFL Cup 2022/23**
5.30 **EFL Trophy** Action from Bolton Wanderers v Plymouth Argyle.
6.00 **EFL Cup Retro** The 2018 final.
8.00 **1983: When Aberdeen Ruled Europe** The story of the greatest year in the history of Aberdeen.
9.00 **EFL Greatest Games** Aston Villa v Nottingham Forest in 2018/19.
9.15 Aston Villa v Leeds United from the 2018/19 season.
9.30 **Championship Season Review**
11.00 **Best Goals: EFL Cup 23/24**
11.30 **EFL Trophy** The 2023/24 final.
12.00 M'T **Retro League One**
2.00 AM **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.30 **to 6.00** AM **EFL**

Sky Sports Cricket

404 404 514 504 422 442

6.00 AM **Best of ICC WT20**
6.30 **Best of England v Windies**
7.00 **Best of England v India**
8.00 **Test Cricket** England v India.
9.00 **Best of England v India**
10.00 **Test Cricket** England v India.
11.00 **Best of England v India**
12.00 NOON **Test Cricket** England v India on day five of the second Test in the five-match series from Edgbaston, Birmingham.
1.00 PM **Best of England v India**
2.00 **Test Cricket** Highlights of all five days of the second Test between England and India at Edgbaston.
7.00 **The Film Room: England v India** A look back at England v India from Lord's in 2002.
7.30 **Best of England v India** Action from the sole T20 in the 2014 series staged at Edgbaston.
8.00 **Test Cricket** England v India on day five of the second Test in the five-match series at Edgbaston.
9.00 **Best of England v India** Action from 2007 and 2014.
10.00 **Test Cricket** England v India.
11.00 **Best of England v India**
12.00 M'T **Test Cricket** England v India.
5.00 **to 6.00** AM **Best of England v India**

Sky Sports Golf

405 405 515 505 423 443

6.00 AM **DP World Tour Golf**
11.00 **PGA Tour Golf** A replay of day four of the John Deere Classic at TPC Deere Run in Silvis, Illinois.
4.00 PM **Playing Lessons**
5.00 **Chronicles of a Champion Golfer** Profiles of leading players.
6.00 **HotelPlanner Tour Golf Highlights** Recent action.
6.30 **DP World Tour Golf** A review of the BMW International Open.
7.00 **PGA Tour Golf** All four days of the John Deere Classic.
8.00 **Ladies European Tour Golf** Action from day four of the Women's Irish Open from the O'Meara course at Carton House in Maynooth, County Kildare.
11.00 **PGA Tour Golf** Highlights.
12.00 M'T **DP World Tour Golf**
12.30 AM **HotelPlanner Tour Golf Highlights** Recent action.
1.00 **PGA Tour Golf** Highlights.
3.00 **DP World Tour Golf**
5.00 **to 6.00** AM **Ladies European Tour Golf**

Sky Sports Tennis

407 407 537 520 425 445

6.00 AM **US Open Classic Matches**
7.00 **Tennis** The 2024 US Open.
11.00 **ATP Tennis** Swedish Open final.
12.00 NOON **WTA Tennis** Iasi Open.
1.00 PM **US Open Classic Matches**
4.00 **ATP Tennis** The 2024 Swedish Open at Bastad Tennis Stadium.
5.00 **WTA Tennis** The 2024 Iasi Open final in Iasi, Romania.
6.00 **Tennis** The 2024 US Open.
10.00 **ATP Tennis** Swedish Open final.
11.00 **WTA Tennis** Iasi Open final.
12.00 M'T **US Open Classic Matches**
3.00 AM **Tennis** The 2024 US Open.
5.00 **to 6.00** AM **US Open Tennis Classic Matches**

TNT Sports 1

410 413 521 408 430

6.00 AM **Cycling: Tour de France**
7.00 **Henley Royal Regatta**
7.30 **Wimbledon** The seventh day.
9.00 **Test Cricket Highlights** Action from West Indies v Australia.
10.00 **Cycling: Women's Giro d'Italia**
11.00 **Cycling: Tour de France** Action from the second stage of the race.
12.00 NOON **LIVE Cycling: Tour de France** Coverage from the third stage of this year's men's race, a 178.3km route from Valenciennes to Dunkirk.
5.00 PM **The FA Disability Cup** Action from this year's event.
6.00 **Premier League Stories**
6.30 **British Superbikes Highlights**
7.30 **LIVE British Speedway Oxford Spires v Ipswich Witches.** Coverage of the meeting from Oxford Stadium.
10.00 **Henley Royal Regatta**
10.30 **MLB Highlights**
11.30 **LIVE MLB Detroit Tigers v Tampa Bay Rays.** The American League match from Comerica Park. Start-time is at **11.40pm**.
2.45 AM **MLB Classic** World Series.
4.00 **WNBA** NY Liberty v Seattle Storm.
5.00 **to 6.00** AM **Women's Giro d'Italia**

TNT Sports 2

411 414 522 409 431

6.00 AM **FIM JuniorGP Championship**
10.30 **MotoGP Rewind**
10.45 **FIM Speedway Grand Prix** Action from the seventh round of the season in Malilla, Sweden.
11.45 **LIVE Cycling: Women's Giro d'Italia** Coverage of the second stage of this year's race, a 99km route from Clusone to Aprica.
1.45 PM **Test Cricket Highlights** Action from the fourth day of the second Test between West Indies and Australia from Grenada National Cricket Stadium.
2.45 **LIVE Test Cricket West Indies v Australia.** Coverage of the fifth and final day of the second Test in the three-match series from Grenada National Cricket Stadium.
11.00 **TNT Sports Cricket Reload**
11.30 **One Day International Cricket** Highlights from the second ODI between Sri Lanka and India at R Premadasa International Stadium.
12.30 AM **TNT Sports Cricket Reload**
1.00 **Global Champions Tour** Action from the Grand Prix of Monaco.
2.00 **Wimbledon** Action from the eighth day of the tournament.
3.30 **Premiership Rugby Union**
5.30 **to 6.00** AM **Ally's Social Club**

Sky Sports Action

408 408 517 507 426 446

6.00 AM **British and Irish Lions Tour**
11.00 **Rugby Union Retro**
11.15 **Lions Legends** Profiles.
12.00 NOON **British and Irish Lions Tour** British & Irish Lions v Argentina at Aviva Stadium.
1.00 PM Western Force v British & Irish Lions at Optus Stadium.
2.00 Queensland Reds v British & Irish Lions at Suncorp Stadium.
3.00 **British and Irish Lions Tour** Recent match highlights.
4.00 British & Irish Lions v Argentina at Aviva Stadium
5.00 Western Force v British & Irish Lions from Optus Stadium.
6.00 Queensland Reds v British & Irish Lions at Suncorp Stadium.
7.00 **Lions Legends** Ian McGeechan.
7.15 A profile of John McBride.
7.30 Legendary Welsh backs.
8.00 **British and Irish Lions Tour** British & Irish Lions v Argentina.
9.00 **Between Two Posts** The latest edition of the rugby podcast.
10.00 **British and Irish Lions Tour** NWS Waratahs v British & Irish Lions staged at Allianz Stadium.
2.00 AM **Lions Legends**
2.30 **British and Irish Lions Tour**
5.30 **to 6.00** AM **Lions Legends**

Sky Sports Sky Sports+

412 410 518 508 427 447

6.00 AM **EFL Highlights** Action from the League Two play-off semi-final second-leg between Walsall and Chesterfield at Bescot Stadium.
6.30 The League Two play-off semi-final second-leg between AFC Wimbledon and Notts County at Cherry Red Records Stadium.
7.00 **Good Morning Sports Fans**
10.00 **Sky Sports News**
12.00 NOON **Lunchtime Live** A look at the latest sports headlines.
2.00 PM **Sports Desk** Sports news with live analysis and comments.
5.00 **Sports Centre** A round-up of the sports news with analysis and comments, plus interviews with the headline makers.
7.00 **Sky Sports News** Round-up of the sports news, with live analysis, plus extended interviews with the headline-makers.
10.30 **Back Pages Tonight** A look at the sports headlines in tomorrow's newspapers.
11.00 **Sky Sports News**
12.00 M'T **Super League** Leigh Leopards v Wigan Warriors.
2.45 AM **EFL Greatest Games** Aston Villa v Leeds from 2018/19.
3.00 **to 6.00** AM **EFL Highlights**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **Formula 1** British Grand Prix.
8.00 **Tennis** The 2024 US Open.
11.00 **Formula 1** British Grand Prix.
1.00 PM **PL Greatest Games**
2.00 **Test Cricket** England v India.
5.00 **Playing Lessons** Expert tips.
6.00 **HotelPlanner Tour Golf Highlights** Action from the Le Vaudreuil Golf Challenge.
6.30 **DP World Tour Golf**
7.00 **Formula 1** Highlights of the British Grand Prix at Silverstone.
8.00 **Ladies European Tour Golf** Action from day four of the Women's Irish Open from the O'Meara course at Carton House in Maynooth, County Kildare.
11.00 **PGA Tour Golf** Highlights.
12.00 M'T **PL Greatest Games**
1.00 AM **Tennis** The 2024 US Open.
3.00 **EFL Greatest Games**
4.00 **DP World Tour Golf**
5.00 **to 6.00** AM **Ladies European Tour Golf**

TNT Sports 3

413 415 523 410 432

6.00 AM **Premier League** Chelsea v Fulham from Stamford Bridge.
7.30 Newcastle Utd v Man City.
9.00 Burnley v Luton Town.
10.30 Arsenal v Crystal Palace.
12.00 NOON **Premier League** Sheffield United v West Ham.
1.30 PM **UCI Mountain Bike World Series** The DHI Elite finals.
2.30 **MLB Highlights**
3.30 **British Superbikes**
5.00 **FIM Speedway Grand Prix**
6.00 **LIVE Ultimate Pool** Coverage from Group Six of the Pairs Cup, as some of the country's leading eightball players battle it out for places in the next stage.
9.30 **Golden Trail World Series**
10.00 **Wimbledon** The eighth day.
11.30 **Cycling: Tour de France**
12.30 AM **Women's Giro d'Italia**
1.30 **UCI Mountain Bike World Series**
2.30 **Ally's Social Club**
3.00 **to 6.00** AM **UEFA Champions League Classics**

TNT Sports 4

414 416 524 411 434

6.00 AM **Serie A** Inter Milan v Empoli.
7.00 AC Milan v Parma.
8.00 Lazio v Fiorentina.
9.00 AC Milan v Inter Milan.
10.00 AS Roma v Napoli.
11.00 Como v Juventus.
12.00 NOON **Serie A** Napoli v Udinese.
1.00 PM AC Milan v Verona.
2.00 Juventus v Inter Milan.
3.00 **BMX Urban Sessions**
5.00 **WNBA** NY Liberty v Seattle Storm.
6.00 **IFSC Climbing World Cup**
7.00 **Cycling: Women's Giro d'Italia**
8.00 **The Gruppetto** Cycling action.
8.15 **Cycling: Tour de France** Action from the third stage of the race.
9.15 **Fishing: On the Bank**
10.15 **UEFA Champions League – Classics** Archive action.
10.45 **AFL** Two match replays.
1.45 AM **The Gruppetto** Cycling.
2.00 **UFC Connected**
2.30 **UFC Reloaded** UFC 218.
5.00 **to 6.00** AM **Fishing: On the Bank**

Premier Sports 1

419 551

6.00 AM **Transworld Sport** Magazine.
7.00 **PSA Squash Highlights**
8.00 **British Minibikes**
9.00 **Euro Le Mans Highlights**
10.00 **Ultimate Karting Championship**
1.00 PM **Transworld Sport** Magazine.
2.00 **Motorsport** Drew Gibson.
3.00 **LaLiga Specials**
4.00 **World Surf League**
5.00 **FIA World Endurance Championship** Le Mans.
6.00 **Viva LaLiga** News and action.
7.30 **LaLiga Specials** A look at the best goalkeepers from 2023/24.
8.00 **British Minibikes**
9.00 **Euro Le Mans Highlights**
10.00 **LaLiga Specials** A look back at the best of the 2022/23 season.
11.00 **Transworld Sport** Magazine.
12.00 M'T **Ultimate Karting Championship** Recent action.
3.00 AM **World Surf League**
4.00 **FIA World Endurance Championship** Le Mans.
5.00 **to 6.00** AM **FIM Sidecarcross**

Premier Sports 2

420 552

6.00 AM **NASCAR** Another chance to see the Grant Park 165.
10.00 **Bike World** A look at the latest action from the high octane world of two wheels.
10.30 **Major League Cricket** The match between Washington Freedom and MI New York.
3.00 PM **Major League Cricket** Los Angeles Knight Riders v San Francisco Unicorns.
7.30 **FastZone** Motorsports highlights show covering everything from prototypes to endurance racing.
8.00 **CONCACAF Gold Cup** Another chance to see the final.
10.00 **Temples of Sport** Iconic sporting venues from around the globe.
11.00 **United Rugby Championship** Action from the Grand Final.
1.00 AM **NHL Ice Hockey** Edmonton Oilers v Florida Panthers in game two of the Stanley Cup Finals staged at Rogers Place.
4.30 **to 6.00** AM **NHL: This is Hockey**

Sky Sports F1

406 406 516 506 424 444

6.00 AM **Formula 1** British Grand Prix.
10.30 **Ted's Notebook**
11.00 **F1 Features**
11.30 **Formula 1** British Grand Prix.
2.00 PM **The F1 Show**
3.00 **Formula 1** From Silverstone.
4.15 **Jenson & the FW22: Extended**
4.30 **Formula 1** British Grand Prix.
6.30 **Ted's Notebook**
7.00 **Formula 1** A replay of the British Grand Prix staged at Silverstone.
9.15 **Ted's Notebook**
9.45 **Russell & the Typhoons**
10.00 **Formula 1** British Grand Prix.
11.00 **Ted's Notebook**
11.30 **Formula 2** From Silverstone.
12.50 AM **Charles Leclerc IV**
1.00 **to 6.00** AM **The Home of F1**

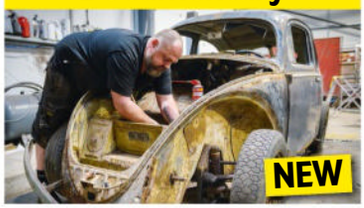
SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Tuesday

8 July

Evening Planner

Documentary



Classic Car Kings

U&Yesterday, 8pm (box set, U)

Following life at a family-owned car-restoring business, starting with work to save a 75-year-old VW Type 1 Beetle.

Factual

Johnny Vegas' Little Shop of Antiques

Quest, 9pm

Cameras follow the comedian as he opens his antiques shop, Vintage Vegas.

Documentary

Surviving Ohio State

Sky Documentaries, 9pm

Looking into the Ohio State University scandal, in which hundreds of students claimed they were sexually abused.

OnDemand

NETFLIX

Quarterback

Available today

The return of the sporting documentary, following three NFL quarterbacks throughout the 2024-25 season.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 News; Local News		7.45 Football: Women's Euro 2025 – Live: Poland v Sweden (Kick-off 8.00)				10.05 News; Local News	
	102 BBC2	7.00 Wimbledon – Live: Day nine		8.00 Today at Wimbledon		9.00 Scrublands: Silver		10.00 QI	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Emmerdale	8.00 Midsomer Murders				10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Bake Off: The Professionals		9.00 24 Hours in A&E		10.00 In the Footsteps of Killers	
	105 5	7.00 A Yorkshire Farm		8.00 Reuben Owen: Life in the Dales		9.00 Insomnia		10.00 Ben Fogle: New Lives in the Wild	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Film: Man of Steel					
ENTERTAINMENT	115 BBC3	7.00 Deadly Dinosaurs with Steve Backshall		8.00 Interior Design Masters with Alan Carr		9.00 Film: Die Hard 2			
	116 BBC4	7.00 Borneo: Earth's Tropical Islands		8.00 The Good Life	8.30 Yes, Minister	9.00 The First Georgians: The German Kings Who Made...		10.20 The Death of...	
	118 ITV2	7.00 Deal or No Deal		8.00 Million Dollar Listing: LA		9.00 Love Island		10.05 Transaction	10.35 Family Guy
	136 MORE4	‹ 6.55 The Dog House Australia		7.55 The Dog House		9.00 Catching a Killer: A Diary from the Grave			
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Below Deck: Mediterranean		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Equalizer		9.00 The Rookie		10.00 The Cleaning Lady	
	108 SKY ATLANTIC	‹ 6.45 Westworld		7.50 Game of Thrones		9.00 Gomorrah			
	110 U&GOLD	‹ 6.50 Are You...	7.25 Dad's Army	8.05 The Vicar of Dibley				10.00 The Royle Family	10.35 Billy...
	111 U&DAVE	7.00 Would I Lie to You?		7.40 Richard Osman's House of Games		9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	7.00 Heartbeat		8.00 Agatha Christie's Poirot				10.00 Grantchester	
	120 ITV4	7.00 Tour de France Highlights		8.00 The 1% Club		9.00 Film: Jaws 2			
	112 COMEDY CENTRAL	‹ 6.55 Friends				9.00 Film: Austin Powers: The Spy Who Shagged Me			
	139 SKY SCI-FI	7.00 Atlantis		8.00 Stargate Atlantis		9.00 From the Earth to the Moon		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 A League of Their Own		9.00 Joe Lycett's United States of...		10.00 Freddie Fries Again	
	109 U&ALIBI	7.00 Shakespeare & Hathaway		8.00 Beyond Paradise		9.00 My Life Is Murder		10.00 Father Brown	
	130 SKY ARTS	7.00 Opry Live		8.00 Klimt and The Kiss		9.15 Van Gogh by Vincent		10.15 Film: Gonzo: The Life and...	
	132 U&W	7.00 The Shift: Women on the Force		8.00 DIY SOS: The Big Build		9.00 First Responders		10.00 999 Rescue Squad	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers		8.00 Scrap Kings		9.00 Gold Rush: White Water		10.00 Gold Rush: Mine Rescue with Freddy...	
	162 ANIMAL PLANET	7.00 Animal Cribs		8.00 Guardians of the Glades		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Churchill's German Army		9.00 The Battle for Britain: Drain the Oceans		10.00 Nazi Megastructures: Battle Ready	
	123 SKY HISTORY	7.00 Forged in Fire Armed Forces...		8.00 Britain's Most Historic Towns		9.00 Secrets Declassified with David...		10.00 History's Greatest Mysteries	
	155 U&YESTERDAY	7.00 Great American Railroad Journeys		8.00 Classic Car Kings		9.00 Bangers & Cash: Restoring Classics		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Stax: Soulsville USA		8.00 Anatomy of Lies		9.00 Surviving Ohio State			
FILMS – Sky Cinema	301 PREMIERE	‹ 5.40 Joker: Folie à Deux		8.00 Gladiator II					
	302 2025 RECAP	‹ 6.15 The Wasp		8.00 The Killer				10.10 Slingshot	
	303 EPIC WORLDS	‹ 6.00 Raiders of the Lost Ark		8.00 Indiana Jones and the Temple of Doom				10.00 A.I. Artificial Intelligence	
	304 GREATS	‹ 5.45 Gorillas in the Mist		8.00 Ghost				10.10 The Great Gatsby	
	305 ANIMATION	‹ 5.40 The Wild...	7.25 Dr Seuss' The Lorax			9.00 Curious George			10.30 Scarygirl
	306 FAMILY	‹ 5.40 The Karate Kid: Part III	7.40 The Spiderwick Chronicles				9.25 Jackie Chan's The Tuxedo		
	307 ACTION	‹ 5.30 Fury		8.00 Superman Returns					
	308 COMEDY	‹ 6.25 The Naked Gun 2½: The Smell of Fear		8.00 Ace Ventura: When Nature Calls			9.40 The Producers		
	309 THRILLER	‹ 5.55 Force of Nature: The Dry 2		8.00 Inferno				10.10 Dirty Harry	
	310 DRAMA	‹ 6.10 Dear John		8.00 P.S. I Love You				10.10 Meet Joe Black	
	311 SCI-FI	‹ 6.00 The Meg		8.00 Stargate				10.10 Event Horizon	
	313 FILM4	‹ 6.50 The Madness of King George				9.00 Mission: Impossible – Ghost Protocol			
SPORT	401 MAIN EVENT	‹ 6.30 Vitality T20 Blast Cricket – Live: Somerset v Essex Eagles						10.00 News at Ten	10.30 Back Pages...
	402 PREMIER LEAGUE	7.00 Premier League Highlights		8.00 Gary Neville's Soccerbox		9.00 Arteta MNF Special		10.00 Class of '92: Full Time	
	403 FOOTBALL	‹ 6.00 EFL Cup Retro			8.45 EFL Greatest Games			10.00 Best Moments From...	
	404 CRICKET	‹ 6.25 Vitality T20 Blast Cricket – Live: Somerset v Essex Eagles						10.00 Film Room...	10.30 Best of...
	410 TNT SPORTS 1	‹ 6.45 Rolex Grand Slam		8.00 Men's Tour de France		9.00 Women's Giro d'Italia		10.00 Sign Up – Into Football	
	411 TNT SPORTS 2	‹ 6.30 Gallagher Premiership Rugby Union		8.00 British Superbikes Highlights		9.00 British Speedway		10.00 BMX Urban Sessions	

‹ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

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BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Crimewatch Caught** How officers completing a routine house call foiled a mass murder plot. (S)(R)
11.15 **Homes Under the Hammer** New edition The progress of properties in south Wales, Margate and Leicestershire. (S)(AD)
12.15 PM **Bargain Hunt** Eric Knowles hosts as two teams look for items at Bath Racecourse. (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 LIVE **Wimbledon** Coverage of day nine of the Grand Slam tournament from the All England Club, where men's and ladies' singles quarter-finals are scheduled to take place. (S)

2.00 Wimbledon

7 PM

7.00 **BBC News** (S)
7.25 **Local News** (S)
7.45 LIVE **Football: Women's Euro 2025** Poland v Sweden: Coverage of both teams' second Group C match, held at Allmend Stadion Luzern in Switzerland. Sweden had won all four of the previous meetings between the sides and, no matter what the outcome of their opener with Norway was, they will fancy their chances this evening, having topped their UEFA Nations League group, reached the semi-finals when the tournament was last held in 2022 and finished third in the FIFA World Cup a year later. However, the Poles will be eager to show how much they have improved in recent years and make a big impression in their first major tournament. Kick-off is at 8.00. (S)

8 PM

9 PM

10 PM

10.05 **BBC News** (S)
10.35 **Local News** (S)
10.45 NEW SERIES **Bad Nanny** 1/2. Documentary telling the story of serial fraudster and master manipulator Samantha Cookes, who posed as a terminally ill, award-winning author to scam her way across the UK and Ireland. (S)(AD)
■ Concludes tomorrow
11.35 **Apples Never Fall** *Troy:* 5/7. Troy makes a risky decision while trying to evade the police, who know he has critical information about his mother's disappearance. Meanwhile, Logan makes a shocking discovery pointing to a potential killer. (S1) (S)(R)(AD)
12.20 AM **Weather for the Week Ahead**
12.25 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **The Moment of Proof** (S)(R)
7.00 **Homes Under the Hammer** (S)(R)
8.00 **Sign Zone: Springwatch** (S)(R)
9.00 **BBC News** (S)
11.45 **Politics Live** (S)
12.30 PM LIVE **Wimbledon** Isa Guha presents coverage of day nine of the Grand Slam tournament from the All England Club, where men's and ladies' singles quarter-finals are scheduled to take place. (S)
3.00 LIVE **Wimbledon** Further coverage of day nine, where men's and ladies' singles quarter-finals are scheduled to continue. (S)
4.30 LIVE **Football: Women's Euro 2025** Germany v Denmark: Coverage of both teams' second Group C match, which comes from St Jakob-Park in Basel, Switzerland. Kick-off is at 5.00. (S)

10.00 QI

7.00 LIVE **Wimbledon** Clare Balding presents continued coverage of day nine of the Grand Slam tournament from the All England Club, where men's and ladies' singles quarter-finals are scheduled to continue. (S)

8.00 **Today at Wimbledon** Qasa Alom presents highlights of the ninth day's play from the All England Club, as the men's and ladies' singles quarter-finals got under way. (S)

9.00 **Scrublands: Silver** Series finale 4/4. A mass poisoning at Hummingbird Beach leaves Mandy in critical condition. (S2) (S)(AD)
■ Entire series on BBC iPlayer
9.50 **The North York Moors: A Wild Year** (S)(R)(AD)

10.00 **QI** *Revolutions:* Guests Gyles Brandreth, Susan Calman and Jessica Fostekew join Sandi Toksvig and Alan Davies. (S)(R)
10.30 **Newsnight** (S)
11.00 **Couples Therapy** New editions 15/18. Orna examines the consequences of Nick's trauma.(S)
11.25 16/18. Rod and Alison make meaningful strides forward. (S)
■ Entire series on BBC iPlayer
11.50 FILM **The Wicker Man** Cult British horror starring Edward Woodward. (S)(AD) (1973, 15, 90min) ★★★★★
1.20 AM **Sign Zone: Great British Railway Journeys** (S)(R)(AD)
1.50 **Sign Zone: Amol Rajan Goes to the Ganges** (S)(R)(AD)
2.50 **Sign Zone: Policing Paradise** (R)
3.20 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **James Martin's Midweek Menu** New edition James serves up the ultimate ham sandwich, enjoys a Spanish recipe for turbot from chef Jose Pizarro, and treats singer Gabrielle to a Thai green curry. (S)
3.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.30 Emmerdale

7.30 **Emmerdale** Joe is knocked unconscious by a mystery assailant, while Charity worries for a fragile post-op Sarah, and Kim braces herself to tell Dawn that she has got herself a new man. (S)(AD)

8.00 **Midsomer Murders** *Happy Families:* As the owners of Karras Games gather for a murder mystery weekend, the immersive experience takes a puzzling twist when a killer strikes for real. Guest stars Caroline Quentin and Adrian Edmondson. (S)(R)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Long Lost Family: Born Without Trace** Foundlings Sarah and Chris try to find out about their respective parents. (S)(R)(AD)
11.40 **Tour de France Highlights** Action from stage four, a 174.2km route between Amiens and Rouen. (S)(R)
12.30 AM **Teleshopping**
3.00 **Jeremy Pang's Hong Kong Kitchen** The chef is joined by food critic Grace Dent. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Gary Barlow's Food and Wine Tour: Australia** 6/6. Gary ends his tour in northern Queensland. (S)(SL)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 1-4/22. (S1) (S)(R)
8.10 **The King of Queens** (S)(R)(AD)
9.10 **Frasier** 13-16/24. (S4) (S)(R)(AD)
11.10 **Ramsay's 24 Hours to Hell and Back** From New Jersey. (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Help! We Bought a Village** (S)(R)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **The Great House Giveaway** Wannabe property developers and plasterers Rees and Oliver transform a dated terraced house. (S)(R)
5.00 **Chateau DIY** Jayne and Steve host a residential landscape painting course. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** New edition Hampshire couple Diana and Nigel search for a retirement property in Almería. (S)

10.00 In the Footsteps of Killers

7.00 **News** (S)

8.00 **Bake Off: The Professionals** New edition 7/10. The best three teams from each set of heats come together, producing six plant-based petit gâteaux that feature both chocolate and blood orange, and hanging chocolate showpieces. (S)(AD)

9.00 **24 Hours in A&E** Fifty-three-year-old motorbike enthusiast Scott is rushed in after crashing at a track event, and 74-year-old Peter has potentially life-threatening injuries after being crushed under a caravan. (S)(R)(AD)

10.00 **In the Footsteps of Killers** New edition Emilia Fox and David Wilson reopen the case of the murder of wealthy Leicestershire businessman Ken Brown, who was shot at point blank range on his farm in August 1994. (S)(AD)
11.05 **Gogglebox** Reviews of *Will You Marry Me?* and *Sweetpea.* (S)(R)
12.05 AM **First Dates** (S)(SL)(R)(AD)
1.00 **Taskmaster: The Final** (S)(SL)(R)
1.55 **Ramsay's Kitchen Nightmares USA** From California. (S)(SL)(R)
2.50 **Sarah Beeny's New Life in the Country** (S)(SL)(R)(AD)
3.45 **Kirstie's Fill Your House for Free**
3.55 **The Dog Academy** (S)(SL)(R)(AD)
4.50 **George Clarke's Amazing Spaces**
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley with Matt Allwright** Topical debate. (S)
12.30 PM **Vanessa** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 FILM **The Baby Swindler** Thriller starring Greta Carew-Johns and Ruth Bidner. (S) (2023, PG, 100min) ★★
4.00 **Bargain-Loving Brits in the Sun** DJ Graham faces a dilemma when he is offered his old job back. (S)(R)
5.00 **News** (S)
6.00 **Dogs Behaving (Very) Badly** Graeme Hall meets an unruly dog that was bought to replace a boy's beloved pet. (S)(R)
6.55 **News** (S)

8.00 Reuben Owen: Life in the...

7.00 NEW SERIES **A Yorkshire Farm** 1/3. JB Gill meets fifth-generation sheep farmers on North Ronaldsay. (S)
■ Continues on Thursday
7.55 **News** (S)

8.00 **Reuben Owen: Life in the Dales** Series finale 8/8. Spring finally arrives in the Dales and the season brings a flurry of activity. The first job to tackle is Reuben's huge order of cropped stones. (S)

9.00 **Insomnia** New episode *This Family is So F***ed Up:* 3/6. Emma is questioned by the police, and her husband Robert discovers their son Will has been obsessively drawing an horrific woman. (S1) (S)(AD)

10.00 **Ben Fogle: New Lives in the Wild** Ben spends a week in Dorset with former paratrooper Chris who, despite losing nearly everything, has spent the last five years walking the UK's coastline. (S)(R)

11.05 **Police: Night Shift 999** (S)(R)
12.05 AM **Inside HMP Wakefield: Evil Behind Bars** (S)(R)
1.10 **PlayOJO Live Casino Show** (S)
3.10 **Friends** (S7) (S)(R)(AD)
3.55 **The World's Most Expensive Hotels** From New York. (S)(R)
4.45 **Paul Martin's Antiques Showdown** (S)(R)
5.30 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Atlantis** (S1) (S)(R)
11.00 **New Kids in the Wild** (S)(R)
12.00 NOON **The Flash** (S9) (S)(R)
1.00 PM **Hawaii Five-0** (S8) (S)(R)
3.00 **NCIS: New Orleans** (S7) (S)(R)
4.00 **S.W.A.T.** 13/18. (S4) (S)(R)(AD)
5.00 **The Simpsons** *Lisa's Belly:* Lisa and Bart contract a bizarre infection that causes temporary weight gain. (S)(R)
5.30 *Moho House:* Moe helps Homer and Marge work on their marriage. (S)(R)
6.00 *A Serious Flanders – Part One:* A ruthless debt collector comes to Springfield. (S)(R)
6.30 *A Serious Flanders – Part Two:* Ned worries that the debt collectors will kill Homer. (S)(R)

10.40 Creature Commandos

7.00 **The Simpsons** *Portrait of a Lackey on Fire:* Homer plays matchmaker for Smithers. (S)(R)
7.30 *Mothers and Other Strangers:* A teenage Homer embarks on a road trip to look for his mother. (S)(R)

8.00 FILM **Man of Steel** Fantasy adventure exploring the origins of the iconic DC Comics character Superman, starring Henry Cavill, Amy Adams and Michael Shannon. A young outcast with superpowers must confront his destiny when aliens from his home planet threaten Earth. With Kevin Costner and Diane Lane. (2013, 12, 143min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

10.40 NEW SERIES **Creature Commandos** *The Collywobbles:* 1/7. Adult superhero animation. A group of non-human criminals and their human leader are tasked with stopping an evil sorceress. (S1) (S)

11.10 **Creature Commandos** New episode 2/7. As Ilana continues her pursuit of Flag, the Bride shows Nina where she was created. (S1) (S)
11.40 **Brassic** 7/8. (S4) (S)(R)(AD)
12.40 AM **The Force: North East** (R)
1.35 **Road Wars** (S)(R)
3.00 **NCIS: New Orleans** (S7) (S)(R)
4.00 **S.W.A.T.** 13/18. (S4) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
10.45pm River City (S)(R) **11.15** NEW Bad Nanny (S) **12.05am** Apples Never Fall (S)(R) **12.50** Weather for the Week Ahead (S) **12.55-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.45pm Kinahan: The True Story of Ireland's Mafia (S)(R) **11.45** Bad Nanny (S)(R) **12.35am** Apples Never Fall (S)(R) **1.20-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.45pm Feast of Football (S) **11.15** This Country (S)(R)(AD) **12.05am** NEW Bad Nanny (S) **12.55** Apples Never Fall (S)(R) **1.40-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
11.00pm First Minister's Questions (S) **12.00m't** Couples Therapy New editions (S) **12.50-1.20am** Florida: America's Animal Paradise (S)(R)

ITV1

As main ITV1 except:

WALES
10.45-11.40pm Sharp End: Political discussion. (S)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Dau Gi Bach (AD) **12.30** Ffermio **1.00** Prynhawn Da New edition **1.55** Newyddion a'r Tywydd **2.00** Seiclo: Tour de France **4.40** Bendibwmbwls **4.50** Sion y Chef **5.00** Stwnsh **6.00** Dan Do **6.15** Rownd a Rownd New episode (AD) **6.43** Newyddion **6.45** LIVE Sgorio Ewrop: y Seintiau Newydd v Kf Shkendija **9.05** Newyddion a'r Tywydd **9.35** Pobol y Cwm New episode (AD) **10.00** Seiclo: Tour de France **10.30-11.35pm** Iaith ar Daith

TV&Satellite week
New issue on sale today

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **Deadly Dinosaurs with Steve Backshall** 3/10. Steve's search sees him chomp through a car like a Tyrannosaurus rex. **7.30** 4/10. Steve tries to find the weirdest dinosaur ever.
7.55 **The Catch Up**
8.00 **Interior Design Masters with Alan Carr** 5/8. The designers transform five 1930s beachside chalets.
9.00 FILM **Die Hard 2** Action thriller sequel starring Bruce Willis. New York cop John McClane strives to foil a terrorist plot to take over Washington's Dulles airport. With Bonnie Bedelia. (1990, 15, 118min) ★★★
10.55 **High: Confessions of an Ibiza Drug Mule**
12.05 AM **The Tooney and Russo Show** New edition
12.30 **Drugs Map of Britain**
1.25 **Ladhood** 1&2/6. (S2)
2.15 **High: Confessions of an Ibiza Drug Mule**
3.25 **Ladhood** 1&2/6. (S2)
3.50 **to 3.55** AM **Diomysus: More Than Monogamy**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me** Five editions of the contest from south-east London.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Kirstie and Phil's Love It or List It** Kirstie Allsopp and Phil Spencer help the Tucks in Long Eaton, Derbyshire.
6.55 **The Dog House Australia** New edition A Maori couple hope to find a support dog for their four children.
7.55 **The Dog House** Trini from London meets sassy fluffball Balloo, while Roz and John are desperate to help their cockapoo Marnie following the recent loss of her sight.
9.00 **Catching a Killer: A Diary from the Grave** The investigation into the death of ex-teacher Peter Farquhar in 2015, which was not thought suspicious by police until his neighbour also fell ill and died.
10.55 **24 Hours in A&E** A 69-year-old man is rushed in after collapsing on a tennis court, and the resus team must work quickly to get his dangerously high heart rate under control.
11.55 **999: On the Front Line**
1.00 AM **Emergency Helicopter Medics**
2.00 **to 4.00** AM **24 Hours in A&E**

+1 hour 236/237 347 125

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Borneo: Earth's Tropical Islands** 2/3. Exploring the flora and fauna of the largest island in Asia.
8.00 **The Good Life** The couple receive help with their pigs from a passing boar-walker.
8.30 **Yes, Minister** Jim makes a disturbing discovery.
9.00 **The First Georgians: The German Kings Who Made Britain** 1/3. The reigns of George I and George II.
10.00 NEW **Eyewitness to History: Norma Percy and Angus MacQueen on The Death of Yugoslavia** The pair reflect on their award-winning series.
10.20 **The Death of Yugoslavia** 1/5. The struggles of the Yugoslavian people during the collapse of their country.
11.05 **The Death of Yugoslavia**
11.55 **Bernard Haitink, the Enigmatic Maestro**
1.25 AM **The First Georgians: The German Kings Who Made Britain** As 9.00pm.
2.25 **to 3.25** AM **Borneo: Earth's Tropical Islands**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons** *Milhouse of Sand and Fog.*
7.00 **Hollyoaks** A shocking call reveals that a former resident is behind bars.
7.30 **The Simpsons** *The Strong Arms of the Ma:* Marge is mugged at the supermarket.
8.00 **Below Deck: Mediterranean** New edition The arrival of a new steward sets the stage for mixed reactions.
9.00 **Gogglebox** *The Crown* and *This Morning* are appraised. **10.00** Opinions on *Down to Earth with Zac Efron.*
11.05 **First Dates**
12.10 AM **The Big Bang Theory**
1.10 **Brooklyn Nine-Nine**
2.10 **The Goldbergs**
3.00 **Modern Family**
3.25 **Below Deck: Mediterranean**
4.15 **Ramsay's Kitchen Nightmares USA**
5.05 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 306 30 123 256

Tuesday primetime

TUESDAY Entertainment

Tuesday

Sky Witness

107 107 110 341 356

6.00 AM **Stop, Search, Seize**
7.00 **Border Security: Canada's Front Line** Double bill.
8.00 **Border Patrol** Double bill.
9.00 **Send in the Dogs**
10.00 **Stop, Search, Seize**
11.00 **Bondi Rescue** Double bill.
12.00 NOON **The Good Doctor** (S6)
1.00 PM **FBI** 6/15. The team infiltrate a drug trafficking gang. (S3)
2.00 **FBI: Most Wanted** 6/15. The team race to rescue a mother and daughter. (S2)
3.00 **Caught Red Handed**
4.30 **Nothing to Declare**

9.00 The Rookie

7 PM
7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 The Equalizer *Reckoning:* 10/10. Delilah and her friends are threatened by members of a European crime syndicate. (S1)

9 PM
9.00 The Rookie New episode *The Gala:* 6/18. Grey gives Tim and Lucy an unromantic assignment on Valentine's Day. (S7)

10 PM
10.00 The Cleaning Lady *El Camino Del Diablo:* 3/12. Thony encounters a woman requiring urgent medical care. (S3)
11.00 FBI 16/22. An ICE agent is fatally shot at an ICE vs DEA hockey game. (S4)
12.00 M'T **FBI** 17/22. (S4)
1.00 AM **The Equalizer** 8/10. (S1)
2.00 **The Good Doctor** (S6)
4.00 **Highway Cops**
5.00 **to 6.00** AM **Air Ambulance ER**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
8.00 **The Sopranos** (S5&6)
10.00 **Westworld** 3&4/8. (S3)
12.10 PM **Game of Thrones** (S7)
1.25 **Unwanted** 7&8/8. (S1)
3.40 **The Sopranos** 13/13. Tony takes desperate measures to keep the peace.
4.40 1/21. Tony receives a retirement request. (S6)
5.40 **Westworld** 3/8. Charlotte grapples with reality.
6.45 4/8. Bernard and Ashley infiltrate an event, Dolores and Caleb make plans. (S3)

9.00 Gomorrah

7.50 Game of Thrones *The Queen's Justice:* 3/7. Jon and Daenerys finally meet, Sansa receives an unexpected visitor and Sam is confronted for his actions. (S7)

9.00 Gomorrah 1/12. With Don Pietro in hiding, Ciro collaborates with Salvatore Conte to build a new drug empire.

10.05 Gomorrah 2/12. Having established a new drug empire, Genny reunites with his father, Don Pietro. Subtitled. (S2)
11.15 Homicide: Life on the Street 3/22. Gee and Ballard investigate a shooting. (S7)
12.15 AM **The Wire** 7/10. (S5)
1.20 **Mare of Easttown** 5/7. (S1)
2.30 **Mildred Pierce** 4/5. (S1)
3.50 **Game of Thrones** As 7.50pm.
5.00 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S8)
8.00 **The Flash** 3/13. (S9)
9.00 **Stargate Atlantis** (S1)
11.00 **SEAL Team** 9/22. (S1)
12.00 NOON **The Flash** 4/13. (S9)
1.00 PM **Hawaii Five-0** (S8)
3.00 **NCIS: New Orleans** (S7)
4.00 **S.W.A.T.** 13/18. The team hunt for deadly mercenaries. (S4)
5.00 **SEAL Team** 8/22. The team carry out a prisoner exchange with the Taliban. (S1)
6.00 **Stargate Atlantis** 1/20. Part one of two. The first episode of the sci-fi spin-off. (S1)

9.00 Joe Lycett's United States...

7.00 Stargate Atlantis *The Rising – Part Two:* 2/20. The team go in search of an alternative fuel source. (S1)

8.00 A League of Their Own With England winger Anthony Gordon, comedian Maisie Adam and rapper Big Zuu.

9.00 Joe Lycett's United States of Birmingham 3/4. The comedian's quest continues into the American Midwest.

10.00 Freddie Fries Again 4/6. Andrew Flintoff and Rob Penn visit the south-west of England.
10.55 NEW SERIES **Creature Commandos** 1/4. Animation.
11.25 New episode 2/4. The Bride shows Nina where she was created. (S1)
11.55 **Brassic** 7/8. (S4)
1.00 AM **The Force: North East**
2.00 **Road Wars**
3.00 **NCIS: New Orleans** 16/16. (S7)
4.00 **S.W.A.T.** 13/18. (S4)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
8.35 **The Bardsley Bunch**
9.30 **The Only Way Is Essex**
10.15 **Real Housewives of Miami**
11.10 **Real Housewives of Salt...**
12.05 PM **Dinner Date**
1.05 **The Bardsley Bunch**
2.05 **The Only Way Is Essex**
3.05 **Million Dollar Listing: LA**
4.00 **Real Housewives of Miami** New edition Reality series.
5.00 **Real Housewives of Salt Lake City** Reality series.
6.00 **Celebrity Catchphrase**

10.05 Transaction

7.00 Deal or No Deal Stephen Mulhern hosts as Angela takes on the Banker for the chance to win a life-changing cash prize.

8.00 Million Dollar Listing: LA Altman and Tracy list a historic Hollywood estate, previously owned by John Barrymore.

9.00 Love Island New edition Reality show in which singletons compete in the hopes of finding love and winning a £50,000 prize.

10.05 Transaction New episode 3/6. Tom attempts to find a mystery bigot. (S1)
10.35 Family Guy 5/21. The Griffins visit Italy. (S12)
11.05 **Family Guy** 1/21. (S12)
11.35 **American Dad!** (S11&10)
12.35 AM **Bob's Burgers** 3/16. (S14)
1.05 **Plebs** 4/8. (S2)
1.35 **Transaction** As 10.05pm.
2.05 **Totally Bonkers Guinness World Records**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Where the Heart Is**
10.30 **The Royal**
11.35 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **Downton Abbey** 9/9. Mary endeavours to build bridges, but Edith's secret continues to pose a threat as Julian Fellowes bids farewell. (S6)
5.55 **Heartbeat** *The Frighteners:* Kate seeks Nick's advice about one of her patients.

8.00 Agatha Christie's Poirot

7.00 Heartbeat *Father's Day:* Nick is left with a sore head after an incident in a graveyard, and Blaketon's home life suffers.

8.00 Agatha Christie's Poirot *Three Act Tragedy:* The detective's friend hosts a cocktail party in Cornwall, where a priest chokes to death – and weeks later another guest dies in similar circumstances. Guest stars Martin Shaw.

10.00 Grantchester 3/8. Geordie and the new vicar get off on the wrong foot, but they soon find themselves teaming up. (S9)
11.00 **Grantchester** 4/8. A body is found in the basement of a country manor. (S9)
11.55 **The Bay** 3/6. CCTV evidence leads to a major development.
12.55 AM 4/6. Dean is faced with a life-changing event. (S4)
1.55 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Roaming in the Wild** Andrew O'Donnell and Mark Taylor canoe along the River Forth.
7.50 **Grand Tours of Scotland's Lochs** A visit to one of Britain's most remote railway stations.
8.00 **Island Crossings** Colonsay's sole GP Dr Simon Willetts makes his rounds.
9.00 **Granite Harbour** 2/3. As the search for Isla gets under way, Lindo continues to investigate Clellan's murder. (S1)
10.00 **Murder Case** 2/2. An inside look at the nature of the job.
11.00 **Stevens & McCarthy** 2/4. A manspreader learns a lesson. (S1)
11.30 PM **to 12.00** M'T **Martin Compston's Norwegian Fling**

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Betty** 5&6/6. (S2)
9.15 **The Conners** (S4)
10.15 **Entourage** (S7)
11.25 **Crashing** 2&3/8. (S3)
12.45 PM **Silicon Valley** (S2)
2.00 **Entourage** (S7)
3.15 **Betty** 5&6/6. (S2)
4.25 **Crashing** 2&3/8. (S3)
5.35 **Ballers** 3&4/10. (S1)
6.45 **The Conners** (S4)
7.45 **Silicon Valley** 7/10. Richard reaches out to an unconventional client.
8.25 8/10. Richard grows paranoid when Pied Piper competes for a client. (S2)
9.00 **And Just Like That...** 6/12. Comedy drama with Sarah Jessica Parker. (S3)
10.00 **Upright** 3/8. Meg continues the search for her mum in Cairns.
10.40 4/8. Lucky's past catches up with him. (S2)
11.20 **Veep** 1&2/10. (S2)
12.40 AM **Sarah Silverman: Someone You Love**
1.50 **Somebody Somewhere**
3.10 **to 5.00** AM **Betty**

Sky Arts

130/131 114/115 123 36 143 24 350 365

6.00 AM **George Balanchine's The Nutcracker**
7.50 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Anyone Can Sing**
3.00 **Classic Movies: The Story of The Ladykillers**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Opry Live**
8.00 **Klimt and The Kiss**
9.15 **Van Gogh by Vincent**
10.15 FILM **Gonzo: The Life and Work of Dr Hunter S Thompson** (2008, 15) ★★★
12.50 AM **The Brontës by Anita Rani: Sisters of Disruption**
1.50 **Garbo: Where Did You Go?** Documentary.
3.45 **Inside Art**
4.45 **to 6.00** AM **Highlights**

Sky Mix

151 158 135 11 141 23

7.00 AM **Customs UK**
8.00 **Border Security USA**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security USA** Documentary.
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S5)
6.00 **Stargate Universe** (S1)
7.00 **Star Trek: The Next Generation** 6/26. (S1)
8.00 **Star Trek: Deep Space Nine** 16/26. (S2)
9.00 **FBI: Most Wanted** *False Flag:* 10/22. (S4)
10.00 **FBI: International** *Dead Sprint:* 19/22. An American tourist is killed in Stockholm. (S2)
11.00 **Grimm** 10/22. (S4)
12.00 M'T **Nothing to Declare**
2.00 AM **Brit Cops: Rapid Response** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **In for a Penny** Double bill of the game show in which Stephen Mulhern sets challenges to members of the public.
3.00 **Tenable** Double bill.
5.00 **Deal or No Deal** Stephen Mulhern hosts as John gets his opportunity to open the iconic red boxes.
6.00 **Lingo** Double bill of the quiz hosted by Adil Ray.
8.00 **Deal or No Deal** Game show hosted by Stephen Mulhern as contestant Becca takes on the infamous Banker for the chance to win a life-changing cash prize.
9.00 **Tipping Point** Triple bill of the quiz show hosted by Ben Shephard.
12.00 M'T **In for a Penny** Stephen Mulhern sets challenges to the public.
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 50 48

8.00 AM **Hart to Hart** (S3)
9.00 **Diagnosis Murder**
11.00 **Father Dowling Mysteries** 20/22. (S3)
12.00 NOON **Sue Thomas: F.B.Eye** 4/19. (S1)
1.00 PM **Hart to Hart** (S3)
2.00 **Father Dowling Mysteries** 3/8. (S1)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 17–20/25. (S6)
9.00 **Randall and Hopkirk (Deceased)** *Who Killed Cock Robin?* 14/26. (S1)
10.00 **The Avengers** *Mission – Highly Improbable:* 24/24. Steed looks into a mysterious disappearance. (S5)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S6)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Best of the 80s**
6.15 **The Protectors**
6.45 **The Professionals**
7.50 **Dempsey and Makepeace**
8.50 **Magnum, PI**
9.50 **Kojak**
10.55 **Giant Lobster Hunters**
11.55 **Return of Sherlock Holmes**
1.00 PM **Tour de France Highlights**
2.00 **Made in Britain**
2.30 **LIVE Tour de France**
5.00 **The Derby Through the Years**
5.20 **River Monsters**
5.55 **Minder**

5.20 River Monsters

7.00 **Tour de France Highlights** Action from the fourth stage, a hilly 174.2km route between Amiens and Rouen.

8.00 **The 1% Club** Quiz show hosted by comedian Lee Mack in which the questions are all about logic and common sense.

9.00 **FILM Jaws 2** Adventure thriller sequel starring Roy Scheider, Lorraine Gary and Murray Hamilton. Another shark returns to terrorise the small town of Amity. (1978, PG, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **Wrestling: AEW Collision** Featuring stars including FTR, Thunder Rosa, Jon Moxley, Jay White and Bryan Danielson.
1.20 AM **BattleBots** Minotaur is back facing Sawblaze.
2.15 **The Protectors**
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: The Next Generation** 4/26. (S7)
2.00 **Atlantis** 10/13. (S1)
3.00 **Stargate Atlantis** 1/20. (S2)
4.00 **Star Trek: Voyager** 13/26. (S6)
5.00 **Star Trek: The Next Generation** 4/26. (S7)
6.00 **Star Trek: Enterprise** 15/24. The crew come to the aid of a dying alien and Archer tries to discover more about him. (S3)

9.00 From the Earth to the Moon

7.00 **Atlantis** *The Price of Hope:* 10/13. The trio become the prey in a brutal blood sport. Guest stars Robert Lindsay. (S1)

8.00 **Stargate Atlantis** *The Siege – Part Three:* 1/20. McKay and the team race to protect Atlantis before their enemies arrive. (S2)

9.00 **From the Earth to the Moon** *Spider:* 5/12. A Nasa engineer recalls designing a vehicle for the moon's surface. (S1)

10.00 **The Walking Dead** *Chokepoint:* 13/16. Daryl's rescue mission forces Alpha to unleash a group of her own. (S9)
11.00 **Wynonna Earp** 8/12. Date night comes to Purgatory. **12.00** M'T 9/12. Wynonna has a devastating dilemma. (S3)
1.00 AM **Lovecraft Country** 9/10. The team travel to 1921 Tulsa. **2.00** 10/10. The gang head to Ardham to cast a spell. (S1)
3.00 **Room 104** 7&8/12. (S2)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S8)
9.00 **Father Brown**
10.00 **WPC 56** 1/5. (S2)
11.00 **Hudson & Rex** 13/16. (S3)
12.00 NOON **Shakespeare & Hathaway: Private Investigators** 6/10. (S4)
1.00 PM **Beyond Paradise** 6/6. (S1)
2.00 **Murdoch Mysteries** (S8)
4.00 **WPC 56** 1/5. (S2)
5.00 **Hudson & Rex** 13/16. (S3)
6.00 **Father Brown** *The Wisdom of the Fool:* The sleuthing priest visits a jesters' convention. Guest stars Neil Pearson.

9.00 My Life Is Murder

7.00 **Shakespeare & Hathaway: Private Investigators** 6/10. The duo become trapped in an author's house. (S4)

8.00 **Beyond Paradise** 6/6. A house is burgled – while the prime suspect is locked up in a police cell. (S1)

9.00 **My Life Is Murder** New episode *One Man's Poison:* 4/8. A private chef is accused of poisoning one of his clients. (S4)

10.00 **Father Brown** *The Last Man:* Kembleford's new cricket captain is framed for murder and the priest must prove his innocence.
11.00 **Father Brown** As 6.00pm.
12.00 M'T **Shakespeare & Hathaway: Private Investigators** As 7.00pm.
1.00 AM **Elementary** 17/21. A zoologist is murdered. (S6)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.00 AM **Highlights**
9.35 **Ever Decreasing Circles**
10.20 **Are You Being Served?**
10.55 **Open All Hours**
11.35 **Last of the Summer Wine**
12.55 PM **The Green Green Grass**
1.30 **Ever Decreasing Circles**
2.15 **Dad's Army**
2.55 **Open All Hours**
3.35 **Are You Being Served?**
4.10 **Last of the Summer Wine**
5.30 **Ever Decreasing Circles**
6.10 **The Green Green Grass**
6.50 **Are You Being Served?**

5.30 Ever Decreasing Circles

7.25 **Dad's Army** Mainwaring decides to recruit women to take care of the more tedious tasks.

8.05 **The Vicar of Dibley** Geraldine's hopes of romance are fuelled by a visit from David's handsome brother.

9.00 **The Vicar of Dibley** Alice suggests an unconventional nativity play starring herself and Hugo as Mary and Joseph.

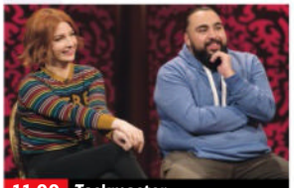
10.00 **The Royle Family** The Royles celebrate Antony's 18th birthday.
10.35 **Billy Connolly Does...** Billy discusses the race to conquer space.
11.40 **Absolutely Fabulous**
12.15 AM **The Vicar of Dibley**
1.20 **The Royle Family**
1.55 **Billy Connolly Does...**
2.55 **to 4.00** AM **Ever Decreasing Circles**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **The Weakest Link**
8.00 **Cops on the Rock**
10.00 **Guy Martin's Battle of Britain**
11.00 **Rick Stein's Mediterranean Escapes** As 6.00pm.
12.00 NOON **Storage Hunters UK**
2.00 PM **Guy Martin's Battle of Britain** 2/2. Guy's training ramps up at the UK's only aerial combat school.
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British**
6.00 **Rick Stein's Mediterranean Escapes** The seafood chef visits a lagoon in Sardinia.



11.00 Taskmaster

7.00 **Would I Lie to You?** With Warwick Davis, Hugh Dennis, Katherine Ryan and John Simpson.
7.40 **Richard Osman's House of Games** With Dr Maggie Aderin-Pocock and the Rev Richard Coles. **8.20** Gethin Jones and Tim Vine take part.

9.00 **QI XL** Guests Sean Lock, David Mitchell and Danny Baker join regular panellist Alan Davies and host Stephen Fry.

10.00 **Have I Got a Bit More News for You** Victoria Coren Mitchell hosts the satirical quiz, with Maisie Adam and Helen Lewis.
11.00 **Taskmaster** Alice Levine tries to work out the rules of darts, and Asim Chaudhry invents a new kind of rain hat.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Survivor South Africa**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **A Place in the Sun**
9.30 **Sun, Sea and Selling Houses** From Almeria.
10.30 **Help! We Bought a Village** From France.
11.30 **Chateau DIY**
12.30 PM **A Place in the Sun**
1.30 **Great House Giveaway**
2.30 **Sun, Sea and Selling Houses** From Almeria.
3.30 **Come Dine with Me**
6.00 **A Place in the Sun**
7.00 **Stacey Solomon's Renovation Rescue**
8.00 **Jimmy Doherty's Big Bear Rescue**
9.00 **Grand Designs** Following a couple who left London to build a new life in Somerset.
10.00 **Oasis: Supersonic** Documentary about the early years of the band.
12.40 AM **Celebrity Gogglebox**
1.40 **Gogglebox**
2.40 **First Dates**
3.40 **Taskmaster: The Final**
4.35 **to 4.55** AM **Find It, Fix It, Flog It**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Murder, She Wrote**
12.00 NOON **Law & Order: Criminal Intent** (S1)
6.00 PM **NCIS** *Honour Code:* 7/24. A child claims his father has been taken. **7.00** *Under Covers:* 8/24. Ziva and Tony pose as assassins. **8.00** *Frame Up:* 9/24. Tony finds himself accused of murder. (S3)
9.00 **Law & Order: Special Victims Unit** *Marauder:* 12/13. Agent Sykes struggles to cope on the anniversary of her sister's disappearance. (S25) **10.00** *Presumed Guilty:* 10/24. Detective Tutuola gets entangled in a scandal when his brother-in-law is arrested. (S14)
11.00 **Law & Order: Special Victims Unit** (S14&13)
1.55 AM **Person of Interest**
2.50 **The Good Wife** (S7)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Rogue Claimers**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Nightmare Tenants, Slum Landlords**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** Staff at Barnsley Hospital deal with a heart attack and chainsaw wounds.
9.00 **999: Critical Condition**
10.00 **A&E After Dark** The night-time challenges facing NHS staff working in A&E departments.
11.00 **Skin A&E**
12.00 M'T **Murder Scene: The Incident Room**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Quantico** 8&9/22. (S2)
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Trucking Hell**
10.15 **Traffic Cops**
11.15 **Police Interceptors**
2.20 PM **FILM The Lawless Breed** Western starring Rock Hudson, Julia Adams and John McIntire. (1952, PG, 83min) ★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **The Motorway** A patroller discovers that a bouncing wheel has caused three cars to crash.
10.00 **Police: Night Shift 999** An altercation in a bar leads to a foot chase for officers through Gloucester city centre.
11.00 **Quantum Leap** (S1)
12.00 M'T **Motorway Cops: Catching Britain's Speeders** Documentary.
1.00 AM **Motorway: Hell on the Highway**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.15 AM **MasterChef Australia** Culinary show.
8.00 **Tipping Point**
10.00 **My Dream Home**
11.00 **Don't Hate Your House with the Property Brothers** Double bill.
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **The Shift: Women on the Force** Documentary.
8.00 **DIY SOS: The Big Build** Nick Knowles and the team make over a house in Hereford.
9.00 **First Responders** New edition Paramedics try to save a patient suffering a heart attack.
10.00 **999 Rescue Squad**
12.00 M'T **Inside the Ambulance**
12.30 AM **DIY SOS: The Big Build** From Swansea.
1.40 **to 3.00** AM **Emily Atack: Asking for It?**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.20 AM **Pie in the Sky**
8.15 **Doctors**
9.30 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Pie in the Sky**
3.00 **Kingdom**
4.00 **Lovejoy**
5.10 **'Allo 'Allo!**
6.00 **Birds of a Feather**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Miss Scarlet and the Duke** 1/6. A magician does the ultimate disappearing act and vanishes into thin air. **9.00** 2/6. Eliza bumps into a girl who once made her life a misery. (S3)
10.00 **New Tricks**
11.20 **Spooks** 4/10. (S2)
12.40 AM **Hope Street**
1.40 **'Allo 'Allo!**
2.35 **Birds of a Feather**
3.05 **to 4.00** AM **The Chelsea Detective**

+1 hr 243 316 60 260

TUESDAY Entertainment

Tuesday

Really
142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** Jurassic Coast.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
9.00 **Who Do You Think You Are?** TV presenter and comedian Sue Perkins learns about a great grandfather interned as an 'enemy alien' during World War One.
10.00 **The Hotel Inspector** Alex Polizzi visits The Pack o' Cards on the north Devon coast.
11.00 **Long Lost Family** An extraordinary double search within one family.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
145 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **Richard Osman's House of Games** Double bill.
11.20 **All Star Family Fortunes**
12.00 NOON **Classic Who Wants to Be a Millionaire?** Quiz show.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Classic Who Wants to Be a Millionaire?**
5.00 **The Bidding Room**
6.00 **Tenable** Double bill of the quiz show hosted by Warwick Davis.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Hot Seat: Who Wants to Be a Millionaire?** Double bill of the Australian version of the big-money quiz show.
12.00 M'T **Bullseye** Double bill.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 319 426 42 33

8.00 AM **Wild West Chronicles** Western.
8.30 **FILM Apache Ambush** Western with Bill Williams. (1955, U, 68min) ★★
10.00 **The Avengers** (S6)
11.00 **The High Chaparral**
12.00 NOON **Bonanza** (S1)
1.00 PM **FILM Man of the West** Western. (1958, 12, 96min) ★★
3.15 **FILM Abilene Town** Western drama. (1946, b/w, 15, 91min) ★★
5.20 **Wanted: Dead or Alive**
6.00 **Bonanza** 20/32. (S1)
7.00 **The High Chaparral**
8.00 **The Avengers** (S6)
9.00 **FILM Braven** Thriller starring Jason Momoa. (2018, 15, 94min) ★★★
11.05 **FILM Drive** Thriller. (2011, 18, 100min) ★★★★★
1.15 AM **FILM Apocalypse of Ice** Disaster drama. (2020, PG, 88min) ★★
3.20 **to 5.00** AM **Wild West Chronicles**
+1 hour 324 319

GREAT! movies
321 318 425 34 32

9.00 AM **Saving Lives at Sea**
10.00 **FILM Dance Night Obsession** Thriller. (2016, PG, 94min) ★★
12.00 NOON **Heathrow: Britain's Busiest Airport**
1.00 PM **FILM Hidden in Plain Sight** Thriller. (2019, 12, 87min) ★
2.55 **FILM Secrets in the Snow** Suspense thriller. (2020, PG, 90min) ★
5.00 **FILM Dead Lines** Thriller. (2010, PG, 90min) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM Swelter** Drama. (2013, 15, 96min) ★★
11.10 **FILM The Beach Murders: Garage Sale Mystery** Crime drama. (2017, PG, 90min) ★★
1.05 AM **FILM Nanny's Killer Scandal** Thriller. (2018, 15, 96min) ★★
3.00 **Air Rescue** Double bill.
4.00 **to 6.00** AM **FILM The House on the Hill** Thriller. (2019, 12, 90min) ★★
+1 hour 322 318

GREAT! romance
319 317 424 52 47

8.00 AM **FILM All for Love** Romantic comedy. (2017, PG, 83min) ★★
10.05 **FILM Love Blossoms** Drama. (2017, PG) ★★
12.05 PM **FILM Flowers and Honey** Romantic drama. (2021, PG, 90min) ★★
2.00 **FILM Love on Safari** Drama. (2018, PG) ★★
4.00 **FILM Summer of Dreams** Comedy. (2016, PG, 90min) ★★
6.05 **FILM Forever in My Heart** Romantic drama. (2019, U, 90min) ★★
8.00 **FILM A Summer Romance** Drama. (2019, PG, 90min) ★★
9.55 **FILM Romance Retreat** Romantic comedy. (2019, PG, 90min) ★★
11.50 **FILM A Winter Getaway** Comedy. (2021, PG, 84min) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Love on Safari** As 2.00pm.
+1 hour 320 317

Rewind TV
182 81 141

6.00 AM **Highlights**
10.30 **I Dream of Jeannie** (S1)
11.00 **Jokers Wild**
11.30 **Please Sir!** (S4)
12.00 NOON **Carry On Laughing** 4/6. (S1)
12.30 PM **You're Only Young...**
1.00 **Mapp and Lucia** (S1)
2.00 **FILM Up in the World** (1956, b/w, U) ★★★
3.50 **Rewind & Remember**
4.00 **Fantasy Island** (S1)
5.00 **A Sharp Intake of...**
5.30 **I Dream of Jeannie** (S1)
6.00 **The Monkees** (S1)
6.30 **Don't Drink the Water**
7.00 **Jokers Wild**
7.30 **You're Only Young Twice**
8.00 **Please Sir!** 16/21. (S4)
8.30 **A Sharp Intake of Breath** 4/6. (S2)
9.00 **Bramwell** 5/10. (S3)
10.00 **Soap** 1/25. (S1)
10.30 **Stereo Underground**
11.30 **The Monkees** (S1)
12.00 M'T **FILM Carnival of Souls** (1962, 15) ★★★
1.30 **to 6.00** AM **Highlights**

DMAX
159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Building Alaska**
11.00 **Building Off the Grid**
1.00 PM **Alaska: The Last Frontier** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Another major storm hits the fleet.
8.00 The fleet battle against mental and physical breakdown.
9.00 **Gold Divers** Kris moves fast in the face of a life-threatening incident.
10.00 A blizzard is about to hit Nome.
11.00 Shawn digs deeper than ever before.
12.00 M'T **British Speedway**
1.00 AM **Naked and Afraid: Alone** In South Africa.
2.00 **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**
+1 hour 259 369 153

Food Network
140/141 154 190 43 148 39

6.00 AM **Secrets of the...**
7.00 **Barefoot Contessa**
8.00 **Delicious Miss Brown**
8.30 **Girl Meets Farm**
9.00 **Taste of the Sea**
10.00 **The Hairy Bikers**
11.00 **Great British Bake Off**
12.00 NOON **Summer Baking...**
1.00 PM **Secrets of the Pub Kitchen** Double bill.
2.00 **Islands to Highlands**
3.00 **Barefoot Contessa**
4.00 **Delicious Miss Brown**
4.30 **Girl Meets Farm**
5.00 **Taste of the Sea**
6.00 **The Hairy Bikers**
7.00 **Great British Bake Off**
8.00 **Summer Baking Championship** New edition
9.00 **One-Pan Wonders**
10.00 **Money Saving Meals**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Restaurant: Impossible**
+1 hour 240/241 154

Legend
148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 22/22. (S6)
9.00 **The Fall Guy** 21/23. (S1)
10.00 **Knight Rider** 11/22. (S3)
11.00 **FILM Warbirds** Sci-fi wartime drama. (2008, 15, 87min) ★★
1.00 PM **FILM Prince Valiant** Arthurian adventure. (1997, PG, 91min) ★★
3.00 **FILM George and the Dragon** Fantasy. (2004, PG, 93min) ★★★
5.00 **Star Trek** 16/26. (S2)
6.00 **Knight Rider** (S3)
7.00 **The Fall Guy** (S1)
8.00 **Walker, Texas Ranger**
9.00 **FILM Backtrace** Thriller with Sylvester Stallone. (2018, 15, 92min) ★★★
10.55 **FILM Q & A** Thriller with Nick Nolte. (1990, 18, 132min) ★★★★
1.30 AM **FILM The Killers** Crime thriller. (1964, 15, 95min) ★★★★
3.25 **to 5.00** AM **FILM The Gorgon** Hammer horror. (1964, 15, 83min) ★★★

Legend Xtra
317 316 171 69 138 51

6.00 AM **FILM Arctic Apocalypse** As 5.00pm.
8.00 **FILM Dragonquest** Fantasy adventure. (2009, 12, 90min) ★★
10.00 **The Lost World** (S2)
11.00 **FILM Instrument of War** Wartime drama. (2017, 12, 90min) ★★
1.00 PM **FILM The People That Time Forgot** Adventure sequel. (1977, U, 96min) ★★
3.00 **The Lost World** (S2)
4.00 **The A-Team** 16/25. (S3)
5.00 **FILM Arctic Apocalypse** Sci-fi disaster drama. (2019, PG, 90min) ★
7.00 **The Lost World** (S2)
8.00 **The A-Team** 17/25. (S3)
9.00 **FILM Edge of the World** Adventure. (2021, 15, 104min) ★★
11.05 **FILM Sword of Vengeance** Adventure. (2014, 15, 83min) ★★
1.00 **to 3.00** AM **FILM Stake Land** (2010, 15) ★★★★
+1 hour 318 316 371 139

Blaze
164 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Canadian Pickers**
7.35 **Auction Hunters**
8.00 **Storage Wars**
8.55 **Hardcore Pawn**
10.15 **Alien Files: Unsealed**
11.10 **Bermuda Triangle**
12.10 PM **MonsterQuest**
1.05 **Pawn Stars**
2.05 **Canadian Pickers** Series finale
3.05 **Storage Wars**
4.00 **Ancient Aliens**
6.00 **Alien Files: Unsealed**
7.00 **Canadian Pickers**
8.00 **Dickinson's Real Deal**
9.00 **Swamp People: Serpent Invasion**
10.00 **Rust Valley Restorers**
11.00 **Court Cam** Double bill.
12.00 M'T **Alien Disclosure Files** Double bill.
1.00 AM **Alien Files: Unsealed**
2.00 **Ancient Aliens**
3.45 **Wicked Tuna**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT
153 166 138 46 133 30

9.00 AM **World's Most Scenic Railway Journeys**
10.00 **Wales' Most Scenic Railway Journeys**
11.00 **Ben Fogle: New Lives in the Wild** From Suffolk.
12.00 NOON **The Highland Vet**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **The Good Ship Murder**
7.00 **Cruising with Susan Calman** A cruise to the Canary Islands.
8.00 **Ben Fogle: New Lives in the Wild** The Hebrides.
9.00 **World War II: Secrets from Above**
10.00 **Nazi Megastructures**
11.00 **The Good Ship Murder**
12.00 M'T **Cruising with Jane McDonald**
1.00 AM **22 Kids & Counting**
2.00 **22 Kids and Counting at Christmas**
3.00 **Cruising with Susan Calman** As 7.00pm.
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **Fantasy Homes by the Sea** From Norfolk.
4.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **Escape to the Country**
9.00 **Married to Real Estate** New edition Egypt Sherrod and Mike Jackson create a basement renovation for actor Teyonah Parris.
10.00 **NEW SERIES Battle on the Beach** The new teams meet their mentors and take on the kitchen.
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**
+1 hour 258/262 391

TLC
133/134 139 165

7.00 AM **Extreme Couponing**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Addicted to Marriage**
8.00 **Jay & Pamela** New edition Jay and Pamela give a talk on sex and disability.
9.00 **Crack Addicts**
10.00 **The World's Smallest Woman: Meet Jyoti**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Couponing**
2.00 **The World's Smallest...**
3.00 **Sex Sent Me to the ER**
4.00 **Jay & Pamela**
5.00 **to 6.00** AM **Extreme Couponing**
+1 hour 233/234 365

Comedy Central
112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** 1&2/22. (S6)
10.00 **Last Man Standing**
11.00 **Everybody Loves Raymond** 5–8/22. (S1)
1.00 PM **Friends** (S8&9)
7.50 **Friends** 5/24. The pals look forward to Phoebe's birthday meal.
8.20 6/24. Guest stars Freddie Prinze Jr. (S9)
9.00 **FILM Austin Powers: The Spy Who Shagged Me** Spoof thriller sequel starring Mike Myers. (1999, 12, 94min) ★★★
10.55 **Whose Line Is It Anyway? USA**
11.55 **South Park** (S10)
1.25 AM **Beavis and Butt-Head** (S4)
2.20 **CC Live: Stand Up Shorts** Double bill.
3.15 **Reno 911!** 11/11. (S8)
3.35 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**
+1 hour 212/213 332

Comedy Cen. Extra
127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 1&2/14. (S5)
11.00 **Friends** 14–17/24. (S4)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Daria** 3&4/14. (S5)
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing**
7.00 **Everybody Loves Raymond** 5–8/22. (S1)
9.00 **Friends** 13/24. Chandler discovers the pleasures of a scented bath.
9.30 14/24. Joey takes Rachel to the hospital.
10.00 15/24. Monica prepares a Valentine's Day surprise for Chandler.
10.30 16/24. Ross has difficulty coming to terms with Joey's revelation. (S8)
11.00 **Friends**
2.00 AM **Criminally Funny**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay
152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Celebrity Four Weddings** Reality series.
9.00 **Four Weddings**
10.00 **Border Security Canada**
11.00 **Nothing to Declare**
12.00 NOON **Warehouse 13**
2.00 PM **Highway Patrol**
3.00 **UK Border Force**
4.00 **Border Security Canada**
5.00 **Border Patrol**
6.00 **New Amsterdam** (S5)
7.00 **Send in the Dogs**
8.00 **UK Border Force**
9.00 **Brit Cops UK**
10.00 **Stella** 3&4/11. (S3)
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own** With Jo Brand.
2.00 **We're Here**
3.10 **Duck Quacks Don't Echo** With Bob Mortimer.
4.00 **Celebrity Four Weddings** Reality series.
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **Teen Mom: Young & Pregnant** Reality series.
7.10 **Teen Mom OG**
9.00 **Dallas Cowboys Cheerleaders**
11.00 **Catfish: The TV Show**
12.00 NOON **Catfish: Scammed** Reality series.
1.00 PM **Catfish: The TV Show** Reality series.
2.00 **Catfish: Scammed**
3.00 **Catfish: The TV Show**
7.00 **Teen Mom UK: My Mum & Me**
8.00 **MTV Cribs** Double bill.
9.00 **Judge Geordie**
10.00 **Badass Brides**
11.00 **Ink Master Redemption**
12.00 M'T **Ridiculousness** New edition Rob, Steelo and Carly Aquilino enjoy generational damage.
12.30 AM **Ridiculousness**
1.00 **True Life Crime UK**
2.00 **Ink Master**
2.45 **True Love or True Lies?**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Alaska: The Last Frontier**
9.00 **Marooned with Ed Stafford**
11.00 **Kindig Customs**
1.00 PM **Deadliest Catch**
3.00 **Gold Rush** Double bill.
5.00 **Building Off the Grid** A woman builds a 2,000-square-foot dream home.
6.00 **Border Control: Spain** The Civil Guard uncover suspicious items in a musician's luggage. **6.30** The Civil Guard discover a huge stash of cocaine hidden in a woman's suitcase.

10.00 Gold Rush: Mine Rescue

7.00 **Wheeler Dealers** The boys are determined to mark the MGB's 60th anniversary in style.

8.00 **Scrap Kings** In south Wales, an abandoned convent is demolished, and in Lancashire, copper products are recycled.

9.00 **Gold Rush: White Water** New edition How the Dakota Boys' adventure took them from flakes to record nuggets.

10.00 **Gold Rush: Mine Rescue with Freddy & Juan** New edition Freddy and Juan test their most innovative fixes.

11.00 **Border Control: Spain** New editions Double bill.
12.00 M'T **Moonshiners**
1.00 AM **Gold Rush: White Water**
2.00 **Gold Rush: Mine Rescue with Freddy & Juan**
3.00 **Street Outlaws**
4.00 **to 5.00** AM **Blowing Up History**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **The Aquarium**
10.00 **Tanked** A pipeline water tank.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A man upset by his girlfriend's cat. **4.00** A cat called Godzilla is not as fearsome as it sounds.
5.00 **Lone Star Law** A group are caught with narcotics.
6.00 **Dr Jeff: Rocky Mountain Vet** A homeless man's five-month-old puppy breaks its paw.

8.00 Guardians of the Glades

7.00 **Animal Cribs** The team make a mountain cabin safer for a blind senior dog, and build a Japanese-inspired dog lounge.

8.00 **Guardians of the Glades** A rival group of snake hunters creep into Dusty's area, so the team go hunting during the night.

9.00 **Alaska: The Last Frontier** The Kilchers need to catch hundreds of pounds of fish for them to eat and barter with.

10.00 **Alaskan Bush People** Barn construction means its all hands on deck – but someone isn't pulling their weight.

11.00 **Pit Bulls & Parolees** A dog is abandoned in the swamps.
12.00 M'T **Crikey! It's the Irwins** Terri helps release a wild leopard in South Africa.
1.00 AM **Guardians of the Glades**
2.00 **Animal Cribs** As 7.00pm.
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Mysterious Islands**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Mysterious Islands**
2.00 PM **Hitler's Last Stand**
4.00 **Colosseum: Rise and Fall** The history of the famous arena.
5.00 **Car S.O.S** Tim Shaw and Fuzz Townshend restore a Porsche 356 in terrible condition.
6.00 **World War II: Secrets from Above** The Nazi battleship *Bismarck* sets out to destroy Allied convoys in the Atlantic.

8.00 Churchill's German Army

7.00 **Air Crash Investigation** Experts investigate the cause of Crossair Flight 498's crash in 2000.

8.00 **Churchill's German Army** Documentary examining the Germans who fought for the Allies during World War Two.

9.00 **The Battle for Britain: Drain the Oceans** The wrecks of planes and ships from the Battle of Britain.

10.00 **Nazi Megastructures: Battle Ready** Defences built by the Nazis along Norway's coastline and the Italian peninsula.

11.00 **Air Crash Investigation** A plane that crashed in a field.
12.00 M'T **Seconds from Disaster**
1.00 AM **To Catch a Smuggler**
2.00 **Made in a Day**
2.30 **Lords of War** Double bill.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Dirty Old Cars**
7.00 **Pawn Stars Do America**
8.00 **American Pickers**
9.00 **Pawn Stars** Snowshoes.
10.00 **Storage Wars** Four editions.
12.00 NOON **The UnXplained with William Shatner**
1.00 PM **Dirty Old Cars**
2.00 **Mountain Men**
3.00 **Secrets in the Ice** A glacier tomb found in Iceland.
5.00 **What on Earth?** A strange structure is seen in Mongolia.
6.00 **American Pickers** Danielle falls for a collection of toys.

10.00 History's Greatest...

7.00 **Forged in Fire Armed Forces Tournament** Four airmen from the US Air Force are tasked with forging a bolo knife.

8.00 **Britain's Most Historic Towns** Alice Roberts tells the story of Viking England by studying the history of York.

9.00 **Secrets Declassified with David Duchovny** New edition Investigating how mind games have long been at play.

10.00 **History's Greatest Mysteries** New edition Exploring the secrets surrounding Jesse James and his notorious gang.

11.00 **What on Earth?**
12.00 M'T **Strange Evidence**
1.00 AM **The UnXplained with William Shatner** Whether science can help protect people from natural disasters.
2.00 **Secrets Declassified with David Duchovny** As 9.00pm.
3.00 **Forged in Fire Armed Forces Tournament** As 7.00pm.
4.00 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash**
10.00 **WW2: Battles for Europe**
11.00 **Nazi Hunters** As 5.00pm.
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **WW2: Battles for Europe** Testimony from men who served on the frontline.
5.00 **Nazi Hunters** A Jewish group that hunted down persecutors.
6.00 **Antiques Roadshow** Fiona Bruce and the experts head to Winchester Cathedral.

8.00 Classic Car Kings

7.00 **Great American Railroad Journeys** Michael Portillo goes on a nautical journey through the Thousand Islands.

8.00 **NEW SERIES Classic Car Kings** Big Irv is given the chance to work on a very early 1949 VW Beetle. ■ Entire series on U

9.00 **Bangers & Cash: Restoring Classics** The team re-commission a 1991 Nissan Figaro.

10.00 **Bangers & Cash** Derek faces a three-hour drive in a 1960s bus that arrived in the UK after a life in the sun.

11.00 **Bangers & Cash** Dave visits Lincolnshire to pick up a 1935 Riley Falcon – a saloon car with a pre-select gearbox.
12.00 M'T **Abandoned Engineering** A maze of tunnels filled with haunting remains below Paris.
1.00 **to 3.00** AM **Secrets of the London Underground**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Chasing Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop**
8.00 **Wheeler Dealers World Tour** Mike and Elvis hunt for a Hilux in Australia.
9.00 **NEW SERIES Johnny Vegas' Little Shop of Antiques** Following the actor and comedian as he opens an antiques shop in Cheshire. *See feature, page 12.*
10.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1 hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes to the Dress: UK** Double bill.
8.00 **Say Yes to the Dress**
12.00 NOON **Betrayed**
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **10 Steps to Murder**
4.00 **American Monster**
6.00 **People Magazine Investigates**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **Road Rage** New edition A driver gets into an intense exchange.
9.30 **Exposed: Naked Crimes** New edition
10.00 **Bloodline Detectives**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** True-crime.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Forensic Factor** Experts reveal the clues nature leaves behind on a human corpse.
8.00 **Britain's Countryside Killers** The case of Katie Kenyon, who vanished from her home in 2022.
9.00 **Murder Book** Focusing on the 1983 murder of Andrew Weathers
10.00 **The Killer You Know** New edition Featuring startling cases of overkill prove that you can't trust everyone.
11.00 **Murder by the Sea** A look at the story of Mary Ann Cotton. **12.00** M'T The crimes of Angus Sinclair.
1.00 AM **Murder Book**
2.00 **The Killer You Know**
3.00 **Britain's Countryside Killers** As 8.00pm.
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Close Calls: On Camera** Four editions.
11.00 **Medical Detectives**
2.00 PM **Close Calls: On Camera** Four editions of the series, including at: **3.30** A freak wave encountered by two men rowing the Atlantic.
4.00 **Medical Detectives** A vehicle involved in a pedestrian's death. **4.30** A man dies due to a boating accident. **5.00** A victim who was killed by cyanide. **5.30** Investigating a hit-and-run accident that killed a school athlete. **6.00** A killer who seemed to disappear. **6.30** The deaths of two men in suspicious circumstances.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
7.00 **Send in the Dogs**
8.00 **The Force: Manchester**
9.00 **Highway Patrol**
10.00 **Road Wars**
11.00 **The Real Manhunter**
12.00 NOON **Murdered at First Sight** True-crime.
1.00 PM **Britain's Most Evil Killers** Harold Shipman.
2.00 **The Killer Within**
3.00 **Catching the Killer**
4.00 **World's Most Evil Killers**
5.00 **The Real Manhunter**
6.00 **The Killer Within**
7.00 **Catching the Killer**
8.00 **World's Most Evil Killers**
9.00 **Murder Next Door**
10.00 **The Real Manhunter**
11.00 **Britain's Most Evil Killers**
12.00 M'T **The Real Manhunter**
1.00 AM **Killer in My Village**
2.00 **An Unexpected Killer**
3.00 **Snapped** Donna Arroyo.
4.00 **Road Wars**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.40 **1945-1953: From World War to Cold War**
9.50 **Treasures Decoded**
10.50 **The 100 Days That Defined Modern History**
11.50 **The Dictator's Playbook**
1.00 PM **Mafia's Greatest Hits** Allen Dorfman.
2.05 **1945-1953: From World War to Cold War**
3.20 **Treasures Decoded**
4.20 **The 100 Days That Defined Modern History**
5.25 **The Dictator's Playbook**
6.35 **1945-1953: From World War to Cold War**
7.50 **Treasures Decoded**
8.50 **The 100 Days That Defined Modern History**
9.55 **The Dictator's Playbook** Why Benito Mussolini was considered a pioneer.
11.00 **Treasures Decoded**
12.00 M'T **The 100 Days That Defined Modern History**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

TUESDAY

Tuesday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The Movies**
7.00 **Discovering: Robin Williams**
8.00 **The Directors**
8.55 **The Vow**
10.00 **Stax: Soulsville USA**
11.00 **Anatomy of Lies**
12.00 NOON **All That Breathes**
2.00 PM **Love to Love You, Donna Summer** Profile of the singer.
4.00 **Discovering: Robin Williams**
5.00 **The Directors**
5.55 **The Vow**
7.00 **Stax: Soulsville USA** 2/4. The label begins to gain traction in the white market.
8.00 **Anatomy of Lies** 2/3. Elisabeth R Finch's life story begins to show inconsistencies.
9.00 **NEW Surviving Ohio State** Documentary exploring the scandal surrounding athletics doctor Richard Strauss.
11.10 **At the Heart of Gold: Inside the USA Gymnastics Scandal**
1.00 AM **The Last Rider**
3.00 **Right to Fight**
4.50 **My Icon: Natasha Jonas**
5.00 **to 6.00** AM **Discovering: Tom Cruise**

Sky Nature

124/125 113/114 189 354 369

6.00 AM **Kenya Wildlife Diaries**
7.00 **Monkey Life**
8.00 **Wildlife ER**
9.00 **Super Shark Highway**
10.00 **Secret Life of the Kangaroo**
11.00 **New Kids in the Wild**
12.00 NOON **Big Cat Country**
1.00 PM **Monkey Life**
2.00 **Wildlife ER**
3.00 **Super Shark Highway**
4.00 **Secret Life of the Kangaroo**
5.00 **Wild Tales from the Farm**
6.00 **Hope for Wildlife: The Next Generation** New edition The team release a pair of rehabbed grey seals.
7.00 **Monkey Life** Double bill.
8.00 **Ireland's Wild Islands**
9.00 **Bugs That Ruled The World**
10.00 **Hope for Wildlife: The Next...**
11.00 **Wild Tales from the Farm**
12.00 M'T **New Kids in the Wild**
1.00 AM **Wildlife Icons**
2.00 **Ireland's Wild Islands**
3.00 **Bugs That Ruled The World**
4.00 **Wildlife ER**
5.00 **to 6.00** AM **Super Shark Highway**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Deadman's Curse**
9.00 **Weird Britain**
10.00 **River Hunters**
11.00 **Ancient Aliens**
1.00 PM **Deadman's Curse**
2.00 **Weird Britain**
3.00 **Truthseekers**
4.00 **Ross Kemp: Deep Sea Treasure Hunter**
5.00 **Cracking the Code**
6.00 **Dirty Old Cars**
7.00 **What on Earth?** The possible site of the legendary Round Table of King Arthur.
8.00 **Alien Files Reopened** A man claims to have alien friends.
9.00 **Footprints of Civilisation** Exploring the legacy of earlier civilisations on modern life.
10.00 **Evidence of the Unexplained** A look at recently declassified top secret UFO files.
11.00 **History's Crazy Rich Ancients**
12.00 M'T **Ancient Aliens**
2.00 AM **Footprints of Civilisation**
3.00 **Truthseekers**
4.00 **Mission Unexplained**
5.00 **to 6.00** AM **Cracking the Code**

Crime+Investigation

156 142 133

6.00 AM **Cold Case Files**
7.00 **Homicide Hunter**
8.00 **Interrogation Raw**
9.00 **Murdertown**
10.00 **Spring Break Murders**
11.00 **Somebody's Hiding Something**
12.00 NOON **Criminal Confessions**
1.00 PM **Murder By Medic**
2.00 **Killer Britain**
3.00 **Murdertown**
4.00 **Cops Who Kill**
5.00 **When Missing Turns to Murder**
6.00 **Cold Case Files**
7.00 **The First 48 Presents: Critical Minutes**
8.00 **Murder By Medic** New edition
9.00 **NEW SERIES Last Night Out** Featuring stories of nights out that end in tragedy.
10.00 **Mastermind of Murder**
11.00 **Accused: Did I Do It?**
12.00 M'T **Murder By Medic**
1.00 AM **Last Night Out**
2.00 **Mastermind of Murder**
3.00 **Criminal Confessions**
4.00 **Killer Britain**
5.00 **to 6.00** AM **Spring Break...**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Critter Fixers: Country Vets**
9.00 **Monster Fish**
10.00 **Savage Kingdom**
11.00 **Out There with Jack Randall**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Sharks of the North**
3.00 **When Sharks Attack and Why**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Critter Fixers: Country Vets** The vets are flummoxed by a seemingly pregnant goat.
8.00 **NEW SERIES Sharks Up Close with Bertie Gregory** The wildlife film-maker records great white sharks.
9.00 **Polar Worlds With Bertie Gregory** The wildlife filmmaker travels through both poles.
10.00 **Alaska: The Next Generation**
11.00 **Ice Road Rescue**
12.00 M'T **When Sharks Attack**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Greatest Events of World War II** As shown at 8.00pm.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Greatest Events of World War II** Restored footage tells the story of how Hitler ordered Operation Sealion, the invasion of Great Britain, after France had fallen in 1940.
9.00 **Unexplained and Unexplored** An English ship buried deep in a California desert.
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Forensic Detectives**
1.00 AM **Blowing Up History**
2.00 **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **The Dick Emery Show**
10.45 **Secret Army**
1.10 PM **David Copperfield**
2.25 **Pickwick Papers**
3.05 **The Dick Emery Show**
4.55 **Secret Army** *Just Light the Blue Touch Paper:* 8/13. The Resistance must tackle the new V2 weapons.
6.05 *Sound of Thunder:* 9/13. The Allied advance threatens Lifeline's collaborators. (S3)
7.15 **David Copperfield** 5/5. David deals with love and loss. (S1)
8.25 **Pickwick Papers** 1/12. Adaptation of the Charles Dickens classic, with Phil Daniels, Nigel Stock and Clive Swift. (S1)
9.05 **The Dick Emery Show** Triple bill featuring comic sketches
10.55 **Louis Theroux's Forbidden America** Exploring Florida's multimillion-dollar rap scene.
12.10 AM **Secret Army**
1.20 **David Copperfield**
2.30 **Pickwick Papers**
3.05 **The Dick Emery Show**
5.15 **to 6.00** AM **Pickwick Papers**

+1 hour 266 376

ID

154 141 166

8.00 AM **Betrayed**
9.00 **Evil Online**
11.00 **Deadly Secrets**
1.00 PM **Evil Stepmothers**
3.00 **The Killer Beside Me**
5.00 **Married with Secrets**
7.00 **Still a Mystery** A gruesome case in which the remains of a 26-year-old woman were found inside a washer-dryer.
8.00 The case of a respected police officer who was shot on his way home from work.
9.00 **Evil Lives Here** Abby's life turns dark when her aunt and uncle adopt her. What she hoped would be a blessing turns into a nightmare as they show their true colours.
10.00 **Signs of a Psychopath** The unique characteristics of female psychopathic killers.
11.00 **A Crime to Remember** A case in which a wealthy man was shot dead in his home.
12.00 M'T **Reasonable Doubt**
2.00 AM **Married with Secrets**
4.00 **to 6.00** AM **Still a Mystery**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Extreme RVs**
7.00 **Kindig Customs**
8.00 **Motor Pickers**
9.00 **World's Greatest Motorcycle Rides** 2/2. From New Zealand.
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Outback Car Hunters**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Texas Metal**
4.00 **Custom Carolina**
5.00 **Motor Pickers**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Custom Carolina** The crew must finish a 1954 Chevy Corvette build before a big local car show.
9.00 **Car Fix** Double bill.
10.00 **Texas Metal**
11.00 **Shed and Buried**
12.00 M'T **Custom Carolina**
1.00 AM **Outback Car Hunters**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.30 AM **The Cinema List: The 90s**
6.50 **Piece By Piece** As 4.20am.
8.30 **Home Delivery** As 2.40am.
10.15 **I Don't Understand You** Horror comedy. (2025, 15) ★★★
12.00 NOON **Empire Waist** Comedy drama. (2024, 12, 94min) ★★★
1.40 PM **William Tell** As 10.40pm.
3.55 **The Luckiest Man in America** Drama. (2024, 15) ★★★★
5.40 **Joker: Folie à Deux** Musical thriller with Joaquin Phoenix. (2024, 15, 138min) ★★★★

5.40 Joker: Folie à Deux

8.00 Gladiator II Ridley Scott's historical drama sequel starring Paul Mescal, Pedro Pascal and Denzel Washington. The son of Maximus Decimus Meridius enters the Colosseum in an attempt to bring glory back to Rome. With Connie Nielsen and Derek Jacobi. (2024, 15, 148min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.40 William Tell Historical drama with Claes Bang. During the 14th century, William Tell defends his family and homeland of Switzerland after the Austrian King invades. (2025, 15, 133min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.00 AM **Strange Darling** Thriller. (2023, 18, 97min) ★★★★
2.40 **Home Delivery** Thom Harp's comedy. (2023, 15, 86min)
4.20 **to 6.00** AM **Piece By Piece** Animation. (2024, PG, 94min)

Sky Cinema Epic Worlds

303 303 403 503 517

7.10 AM **Voyagers** (2020, 15) ★★★
9.00 **William Tell** As 12.30am.
11.15 **Transformers One** Animation. (2024, PG, 104min) ★★★★
1.05 PM **Shrek 2** Animated sequel. (2004, U, 93min) ★★★★★
2.40 **The Amazing Maurice** Animation. (2022, PG) ★★★★
4.15 **After Earth** Sci-fi adventure. (2013, 12, 98min) ★★
6.00 **Raiders of the Lost Ark** Adventure with Harrison Ford. (1981, PG, 115min) ★★★★★

6.00 Raiders of the Lost Ark

8.00 Indiana Jones and the Temple of Doom Steven Spielberg's adventure starring Harrison Ford. Archaeologist Indiana Jones escapes from the clutches of a gang boss in Shanghai and encounters an evil cult in India. (1984, PG, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 A.I. Artificial Intelligence Steven Spielberg's sci-fi fantasy starring Haley Joel Osment as a robot child who goes on a quest to become a real boy. (2001, 12, 145min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **William Tell** Historical drama starring Claes Bang. (2025, 15, 133min) ★★★
2.50 **Godzilla x Kong: The New Empire** Fantasy adventure. (2023, 12, 115min) ★★★
4.55 **to 6.45** AM **Robin and the Hoods** Family comedy. (2024, PG, 101min) ★★

Sky Cinema Drama

310 310 410 510 524

7.05 AM **Ordinary Angels** As 1.10am.
9.10 **Meet Joe Black** As 10.10pm.
12.10 PM **Grease** Smash-hit musical. (1978, PG, 110min) ★★★★
2.10 **Grease 2** Musical sequel. (1982, PG, 109min) ★★
4.05 **All That Jazz** Musical fantasy. (1979, 15, 123min) ★★★
6.10 **Dear John** Romance starring Channing Tatum and Amanda Seyfried. (2010, 12, 108min) ★★
8.00 **P.S. I Love You** Romantic comedy drama based on the novel by Cecelia Ahern, starring Hilary Swank and Gerard Butler. A widow begins receiving letters from her recently deceased husband to help her cope with her grief. With Lisa Kudrow. (2007, 12, 121min) ★★★
10.10 **Meet Joe Black** Supernatural romantic drama, a remake of *Death Takes a Holiday*, starring Brad Pitt and Anthony Hopkins. (1998, 12, 181min) ★★★★
1.10 AM **Ordinary Angels** Drama starring Hilary Swank. (2024, 12, 113min) ★★★★
3.15 **Oh! What a Lovely War** Satirical anti-war musical. (1969, PG, 144min) ★★★★
5.40 **to 7.10** AM **Monsoon** Drama. (2019, 12, 85min) ★★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

7.00 AM **Aeon Flux** Sci-fi action thriller. (2005, 15, 93min) ★★
8.40 **Battleship** Sci-fi adventure. (2012, 12, 126min) ★★★
11.00 **King Kong** Peter Jackson's monster movie remake. (2005, 12, 187min) ★★★★
2.05 PM **Terminator Salvation** Sci-fi thriller. (2009, 12, 110min) ★★★
4.05 **Five Nights at Freddy's** Horror thriller. (2023, 15, 109min) ★★
6.00 **The Meg** Thriller starring Jason Statham. (2018, 12, 113min) ★★★
8.00 **Stargate** Sci-fi adventure starring Kurt Russell and James Spader. An Egyptologist and a US military team pass through a teleportation gate leading to another world. (1994, PG, 125min) ★★★★
10.10 **Event Horizon** Sci-fi horror with Laurence Fishburne and Sam Neill. (1997, 18, 96min) ★★★
11.50 **28 Days Later...** Horror thriller. (2002, 18, 113min) ★★★★
1.50 AM **The Man Who Fell to Earth** Sci-fi fantasy with David Bowie. (1976, 18, 140min) ★★★★
4.10 **The Ritual** Horror starring Rafe Spall. (2017, 15, 94min) ★★★
5.45 **to 7.20** AM **If You Were the Last** Sci-fi romantic comedy. (2023, 15, 92min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.50 AM **The Karate Kid Part II** Adventure. (1986, PG) ★★
9.00 **Spy Kids** (2001, U) ★★★★
10.35 **Ella Enchanted** Comic fantasy. (2004, PG, 96min) ★★★
12.25 PM **Jackie Chan's The Tuxedo**
2.10 **Spy Kids 2: Island of Lost Dreams** (2002, U) ★★★★
4.00 **Peter Rabbit 2: The Runaway** Adventure. (2021, U) ★★★
5.40 **The Karate Kid: Part III** Martial arts adventure sequel. (1989, PG, 111 min) ★

9.25 Jackie Chan's The Tuxedo

7.40 **The Spiderwick Chronicles** Fantasy adventure with Freddie Highmore and Mary-Louise Parker. (2008, PG, 91 min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.25 **Jackie Chan's The Tuxedo** Action comedy starring Jackie Chan. A chauffeur tries on a secret agent's tuxedo and discovers that it gives the wearer amazing powers. With Jennifer Love Hewitt. (2002, 12, 98min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **Bookworm** Comedy starring Elijah Wood and Nell Fisher. (2024, 12, 103min) ★★★★
1.00 AM **Daddy Day Camp** Family comedy sequel starring Cuba Gooding Jr and Paul Rae. (2007, PG, 88min) ★★
2.35 **Paul Blart: Mall Cop 2** Comedy sequel starring Kevin James. (2015, PG, 92min) ★★
4.15 **to 6.00** AM **Reuniting the Rubins** Comedy drama. (2010, PG, 98min) ★

Sky Cinema Action

307 307 407 507 521

6.25 AM **Jurassic World Rebirth: The Making of a New Era**
6.55 **The Patriot** Period drama. (2000, 15, 167min) ★★★
9.40 **Jackie Chan's Police Story**
11.30 **The Mechanic** Action thriller. (2011, 15, 93min) ★★
1.05 PM **American Sniper** Biopic. (2014, 15, 127min) ★★★★
3.25 **Shane** Classic Western. (1953, PG, 118min) ★★★★★
5.30 **Fury** War drama starring Brad Pitt. (2014, 15, 134min) ★★★

8.00 Superman Returns

8.00 **Superman Returns** Superhero adventure starring Brandon Routh, Kate Bosworth and Kevin Spacey. After a mysterious five-year absence, Superman returns and finds that old flame Lois Lane is a mother and that old foe Lex Luthor is cooking up more trouble. (2006, 12, 154min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.40 **The Warriors** Thriller starring Michael Beck. (1979, 15, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **The Italian Job** Thriller inspired by the classic 1960s film. (2003, 12, 110min) ★★★
2.15 **The Cinema List: Jurassic**
2.35 **Jackie Chan's Police Story** Hong Kong martial arts comedy thriller. Subtitled. (1985, 15, 98min) ★★★★
4.20 **to 6.20** AM **Once Upon a Time in China II** Hong Kong martial arts sequel. Subtitled. (1991, 15, 120min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.25 AM **The DUFF** As 11.55pm.
9.15 **Big Daddy** (1999, 12) ★★★
11.00 **Bad Teacher** Comedy. (2011, 15, 92min) ★★★
12.45 PM **The Naked Gun** Spoof. (1988, 15, 85min) ★★★★
2.20 **Yesterday** Music comedy. (2019, 12, 116min) ★★★
4.25 **You, Me and Dupree** Comedy. (2006, 12, 109min) ★★★
6.25 **The Naked Gun 2½: The Smell of Fear** Spoof sequel. (1991, 15, 81min) ★★★

9.40 The Producers

8.00 **Ace Ventura: When Nature Calls** Comedy sequel starring Jim Carrey Pet detective Ace Ventura searches for a sacred white bat in Africa. With Ian McNeice. (1995, PG, 89min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **The Producers** Screen version of Mel Brooks' multi-award-winning stage musical based on his 1968 film comedy, starring Nathan Lane, Matthew Broderick, Uma Thurman and Will Ferrell. (2005, 12, 134min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **The DUFF** Teen comedy. (2015, 12, 98min) ★★★★
1.45 AM **48 Hrs** Action comedy. (1982, 15, 97min) ★★★★★
3.30 **The Book of Clarence** Comedy with LaKeith Stanfield. (2023, 15, 129min) ★★★
5.45 **to 7.40** AM **Coming 2 America** Comedy sequel. (2021, 12, 108min) ★★★

Sky Cinema Thriller

309 309 409 509 523

7.25 AM **Serenity** As 4.00pm.
9.25 **Force of Nature: The Dry 2**
11.25 **Angels & Demons** Mystery thriller. (2009, 12, 138min) ★★
1.50 PM **Gloria** Crime thriller starring Gena Rowlands. (1980, 15, 121 min) ★★★★
4.00 **Serenity** Mystery thriller with Matthew McConaughey. (2019, 15, 106min) ★★★
5.55 **Force of Nature: The Dry 2** Thriller sequel starring Eric Bana. (2024, 15, 120min) ★★★

10.10 Dirty Harry

8.00 **Inferno** Director Ron Howard's adaptation of the Dan Brown thriller, starring Tom Hanks, Felicity Jones and Irrfan Khan. While suffering from amnesia, Professor Robert Langdon tries to stop a lethal virus from killing millions of people. (2016, 12, 121 min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Dirty Harry** Thriller starring Clint Eastwood. San Francisco cop Harry Callahan pursues a psychotic sniper. (1971, 15, 103min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Greedy People** Comedy thriller starring Himesh Patel and Joseph Gordon-Levitt. (2024, 15, 113min) ★★★★
2.10 **Against All Odds** Thriller with Jeff Bridges and Rachel Ward. (1984, 18, 116min) ★★
4.20 **to 6.05** AM **Ruthless** Action thriller with Dermot Mulroney. (2023, 15, 92min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Rio Grande** Western. (1950, b/w, U, 107min) ★★★★
1.10 PM **The Man Between** Thriller. (1953, b/w, U, 100min) ★★★
3.15 **Two-Way Stretch** Comedy. (1959, b/w, U) ★★★★★
5.00 **The Land That Time Forgot** Fantasy. (1974, PG) ★★★
6.50 **The Madness of King George** Alan Bennett's historical drama starring Nigel Hawthorne. (1994, PG, 107min) ★★★★★

6.50 The Madness of King...

The Madness of King George (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Mission: Impossible – Ghost Protocol** Action spy thriller starring Tom Cruise and Jeremy Renner. Super spy Ethan Hunt and his team strive to stop a rogue Russian scientist from provoking a global nuclear war. (2011, 12, 133min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 PREMIERE **American Refugee** Horror starring Erika Alexander and Derek Luke. A doctor is forced to assist the delivery of a white supremacist's baby as the nation collapses into chaos. (2021, 15, 94min) ★★★
1.35 **to 3.55** AM **Another Round** Danish comedy drama with Mads Mikkelsen. Subtitled. (2020, 12, 117min) ★★★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema 2025 Recap

302 302 402 502 516

6.20 AM **Sky Cinema Preview**
6.50 **Poison** Drama with Tim Roth. (2024, PG, 86min) ★★★★
8.25 **Omni Loop** As 1.45am.
10.25 **Slingshot** As 10.10pm.
12.25 PM **Turn Me On** As 12.00m't.
2.10 **Exhibiting Forgiveness** Drama. (2024, 15, 117min) ★★★
4.15 **Rob Peace** Drama directed by and starring Chiwetel Ejiofor. (2024, 15, 120min) ★★★

6.15 **The Wasp** Thriller with Naomie Harris and Natalie Dormer. (2024, 15, 96min) ★★★★
8.00 **The Killer** Thriller starring Nathalie Emmanuel and Omar Sy. An assassin tries to make amends in an attempt to restore the sight of a young singer. (2024, 15, 125min) ★★★★
10.10 **Slingshot** Sci-fi thriller starring Casey Affleck. An astronaut tries to stay sane while on a troubled mission to Saturn's moon, Titan. (2024, 15, 108min) ★★★

12.00 M'T **Turn Me On** Fantasy. (2024, 15, 99min) ★★★
1.45 AM **Omni Loop** Sci-fi drama. (2024, 12, 112min) ★★★★
3.40 **Your Monster** Romantic comedy. (2024, 15, 104min) ★★★★
5.30 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Greats

304 304 404 504 518

7.40 AM **Nobody's Fool** As 2.30am.
9.45 **The Great Escape** Adventure. (1963, PG, 166min) ★★★★★
12.40 PM **The Shawshank Redemption** Prison drama. (1994, 15, 142min) ★★★★★
3.05 **Scent of a Woman** Drama. (1992, 15, 157min) ★★★★
5.45 **Gorillas in the Mist** Fact-based drama with Sigourney Weaver. (1988, 12, 124min) ★★★★

8.00 **Ghost** Romantic fantasy thriller starring Patrick Swayze and Demi Moore. A New York banker killed by a mugger returns as a ghost to warn his jeopardised lover. With Whoopi Goldberg. (1990, 12, 127min) ★★★★
10.10 **The Great Gatsby** F Scott Fitzgerald's melancholy tale of a rich bootlegger and his romantic obsession with a woman from his past. Stars Robert Redford and Mia Farrow. (1974, 12, 146min) ★★★

12.40 AM **Holiday Inn** Musical comedy starring Bing Crosby. (1942, b/w, U, 101 min) ★★★★
2.30 **Nobody's Fool** Comedy drama. (1994, 15, 111 min) ★★★★
4.25 **to 6.05** AM **Five Easy Pieces** Cult drama with Jack Nicholson. (1970, 15, 98min) ★★★★★

Sky Cinema Animation

305 305 412 500 514

6.15 AM **Lego DC Comics Super Heroes: Justice League vs Bizarro League** (2015, U) ★★★
7.15 **Pil's Adventures** As 3.25am.
8.50 **Open Season 3** Animated sequel. (2010, U, 74min) ★★
10.15 **Kung Fu Panda 2** Animation. (2011, PG, 90min) ★★★★
11.50 **How to Train Your Dragon** Animated fantasy adventure. (2010, PG, 98min) ★★★★

1.35 PM **Lego DC Comics Super Heroes: Justice League vs Bizarro League** (2015, U) ★★★
2.30 **Two by Two** (2015, U) ★★
4.00 **Kung Fu Panda 3** Animation. (2016, PG, 95min) ★★★★
5.40 **The Wild Robot** Animation. (2024, U, 102min) ★★★★
7.25 **Dr Seuss' The Lorax** Animated comedy. (2012, U, 86min) ★★★
9.00 **Curious George** Animation. (2006, U, 87min) ★★★★
10.30 **Scarygirl** Animated fantasy. (2023, PG, 90min) ★★★

12.10 AM **Mavka: The Forest Song** Animation. (2023, PG) ★★
1.55 **Batman Unlimited: Monster Mayhem** (2015, PG) ★★★
3.25 **Pil's Adventures** (2021, U) ★★
4.55 **to 6.20** AM **Lego DC Comics Super Heroes: The Flash** Animation. (2018, U) ★★★

Movies 24

312 313 419

7.00 AM **A Magical Christmas Village** Fantasy. (2022, PG) ★★
9.00 **A Christmas Star** Romantic drama. (2021, PG, 84min) ★★
11.00 **A Fabled Holiday** Romantic fantasy. (2022, PG, 90min) ★★
1.00 PM **A Christmas Cookie Catastrophe** Romantic comedy. (2022, PG, 90min) ★★
3.00 **The Gift of Peace** Drama. (2022, PG, 84min) ★★

5.00 **Jolly Good Christmas** Romantic comedy drama. (2022, PG, 90min) ★★
7.00 **All I Need For Christmas** Romantic drama with Mallory Jansen and Dan Jeannotte. (2024, PG, 90min) ★★
9.00 **Three Wiser Men and a Boy** Comedy starring Paul Campbell. Three brothers help out with a school musical after the director quits, and also have to deal with their mum's new boyfriend. (2024, PG, 84min) ★★

11.00 **Christmas Angel** Comedy. (2009, PG, 87min) ★★★
1.00 AM **A Very Vermont Christmas** Drama. (2024, PG, 88min) ★★
3.00 **to 5.00** AM **A Carol for Two** Drama. (2024, PG, 90min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Band of Thieves** Musical. (1962, b/w, U, 68min) ★★
7.20 **Murder at the Windmill** Thriller. (1949, b/w, PG) ★★★
8.40 **What's On TPTV with Noel**
8.55 **Now Barabbas Was a Robber** Drama. (1949, b/w, PG) ★★★
10.35 **The Bigamist** Melodrama. (1953, b/w, PG, 80min) ★★★
12.10 PM **Law and Disorder** Comedy. (1940, PG, 74min) ★★★

1.45 **Poldark** Historical drama. (1996, PG, 102min) ★★
3.55 **Look at Life**
4.10 **Small Hotel** Comedy. (1957, b/w, U, 58min) ★★★
5.20 **Edgar Wallace Mystery Theatre**
6.30 **Star Performance** 31/31. (S2)
7.05 **Batman** 16/60. (S2)
7.35 **Dial 999** 13/39. (S1)
8.10 **The One That Got Away** Fact-based wartime drama. (1957, b/w, U, 110min) ★★★
10.25 **The Stepfather** Thriller. (1986, 18, 85min) ★★★★

12.15 AM **Cellar Dweller** Horror. (1987, 18, 74min) ★★★
1.50 **Hammer House of Mystery and Suspense** 5/13. (S1)
3.20 **The Seventh Commandment** Drama. (1961, b/w, PG) ★★★
5.00 **A Lifetime Ago**
5.30 **to 6.00** AM **Beverly Hillbillies**

TUESDAY Sport 8 July

Tuesday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **Sky Sports News**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk**
2.30 **LIVE Women's Vitality T20 Blast Somerset v Essex Eagles.** Coverage of the group match at the Cooper Associates County Ground, Taunton.
5.45 **Sports Centre** Round-up of the latest sports news, with live analysis and comment.
6.30 **LIVE Vitality T20 Blast Cricket Somerset v Essex Eagles.** The South Group match from the Cooper Associates County Ground, Taunton. The hosts came away with the points in a close encounter that saw both sides score over 190 runs each in their innings. The Eagles made an impressive 193-6 in their 20 overs with Dean Elgar leading the way with 77 from 51 balls before Somerset chased down their target with five balls to spare.
9.45 **Sky Sports News**
10.30 **Back Pages Tonight**
11.00 PM **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
10.00 **Premier League Years**
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **PL Retro** Chelsea v Manchester United in 2011/12.
3.00 **Premier League 100 Club**
4.00 **Premier League Icons**
5.00 **Premier League Highlights** Aston Villa v Manchester United.
5.30 Bournemouth v Newcastle.
6.00 Brentford v Crystal Palace.
6.30 Brentford v Tottenham.
7.00 Brighton v Crystal Palace.
7.30 Brighton v Newcastle.
8.00 **Gary Neville's Soccerbox** Gary sits down with his brother Phil.
8.30 With John Barnes.
9.00 **MNF Special** Jamie Carragher sits down with Mikel Arteta.
10.00 **Class of '92: Full Time**
11.00 **Premier League Icons** A profile of ex-Liverpool star Luis Suarez.
11.30 A profile of Paul Ince.
12.00 M'T **Premier League Legends**
1.00 AM **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **Premier League 100 Club**
5.30 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Cup Retro**
8.00 **Best Scottish Premiership Goals 2014/15** Archive action.
8.30 **Best Scottish Premiership Goals 2021/22**
9.00 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **EFL Rivalries** East Midlands.
11.30 **Jimmy Glass: The Great Escape**
12.00 NOON **EFL Cup Retro**
2.00 PM **1983: When Aberdeen Ruled Europe** A look back.
3.00 **EFL Greatest Games**
3.30 **Championship Season Review**
5.00 **Best Goals: EFL Cup 23/24**
5.30 **EFL Trophy** Peterborough United v Wycombe Wanderers in 23/24.
6.00 **EFL Cup Retro** Chelsea v Manchester City in the 2019 final.
8.45 **EFL Greatest Games**
10.00 **Best Moments from the Championship Play-Off Final**
10.30 **Best Moments from the League 1 & 2 Play-Off Final**
11.00 **Best Goals: EFL Cup 24/25**
11.30 **EFL Trophy** Birmingham City v Peterborough United in the final.
12.00 M'T **Championship Retro**
2.00 AM **EFL Greatest Games**
4.00 **EFL Cup Retro** The 2020 final.
5.00 **EFL Cup Highlights**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

404 404 514 504 422 442

6.00 AM **Best of ICC WT20**
6.30 **Best of England v India**
7.30 **The Film Room: England v India**
8.00 **Test Cricket** England v India.
1.00 PM **Best of England v India**
1.30 **The Film Room: England v India**
2.00 **Best of ICC WT20**
2.15 **Ashes Greats** Adam Gilchrist.
2.25 **LIVE Women's Vitality T20 Blast Somerset v Essex Eagles.** Coverage of the group match at the Cooper Associates County Ground in Taunton.
5.45 **Best of ICC WT20**
6.00 **Best of England v India**
6.15 **Ashes Greats** Adam Gilchrist.
6.25 **LIVE Vitality T20 Blast Cricket Somerset v Essex Eagles.** The South Group match from the Cooper Associates County Ground in Taunton.
9.45 **Best of ICC WT20**
10.00 **The Film Room: England v India**
10.30 **Best of England v India**
11.30 **Best of England v Windies**
12.00 M'T **Women's International T20 Cricket** England v India.
3.30 AM **Best of ICC WT20**
4.15 **Test Cricket Bitesize**
4.30 **to 6.00** AM **Best of England v India**

Sky Sports Golf

405 405 515 505 423 443

6.00 AM **Golf Academy**
7.00 **Playing Lessons**
8.00 **Nick Dougherty's Tee Time Tips**
9.00 **The Open Zone** From 2023.
10.00 **DP World Tour Golf**
10.30 **PGA Tour Golf** Highlights.
11.30 **Golf Academy** Expert tips.
12.00 NOON **Playing Lessons**
1.00 PM **Nick Dougherty's Tee Time Tips** Expert advice.
2.00 **The Open Zone**
3.00 **Golf Academy** Driving tips.
3.30 **Playing Lessons**
4.30 **DP World Tour Golf**
5.00 **PGA Tour Golf** All four days of the John Deere Classic.
6.00 **Ladies European Tour Golf**
7.00 **How the 2010 Ryder Cup Was Won** From Celtic Manor.
9.00 **HotelPlanner Tour Golf**
9.30 **DP World Tour Golf**
10.00 **PGA Tour Golf** Highlights.
11.00 **Ladies European Tour Golf**
12.00 M'T **DP World Tour Golf**
12.30 AM **PGA Tour Golf**
1.30 **Ladies European Tour Golf**
2.30 **Golf Academy** Short game tips.
3.00 **Playing Lessons**
4.00 **Nick Dougherty's Tee Time Tips**
5.00 **to 6.00** AM **The Open Zone**

TNT Sports 1

410 413 521 408 430

6.00 AM **Cycling: Tour de France**
7.00 **TNT Sports Cricket Reload**
7.30 **Wimbledon** The eighth day.
9.00 **Sign Up: Into Football**
10.00 **Cycling: Women's Giro d'Italia**
11.00 **Cycling: Tour de France**
12.00 NOON **LIVE Cycling: Tour de France** Coverage from the fourth stage of this year's men's race, a 174.2km route Amiens to Rouen.
5.00 PM **The Gruppetto** Cycling.
5.15 **Test Cricket Highlights**
6.15 **Premier League Stories**
6.45 **Rolex Grand Slam**
7.45 **The Gruppetto** Cycling action.
8.00 **Cycling: Tour de France** Action from the fourth stage of the race.
9.00 **Cycling: Women's Giro d'Italia** Action from the third stage in Italy.
10.00 **Sign Up: Into Football**
11.00 **MLB Highlights**
12.00 M'T **MLB Lead Off** A look ahead.
12.30 AM **LIVE MLB Milwaukee Brewers v Los Angeles Dodgers.** The National League match from American Family Field. Start-time **12.40am**.
3.30 **MLB Closer** A look back.
4.00 **Cycling: Tour de France**
5.00 **to 6.00** AM **Women's Giro d'Italia**

TNT Sports 2

411 414 522 409 431

6.00 AM **IFSC Climbing World Cup**
7.00 **British Superbikes Highlights**
8.00 **The FA Disability Cup**
9.00 **Test Cricket Highlights**
10.00 **Fishing: On the Bank**
11.00 **Golden Trail World Series**
11.30 **The Gruppetto** Cycling action.
11.45 **LIVE Cycling: Women's Giro d'Italia** Coverage of the third stage of the race, a 124km route from Vezza d'Oglio to Trento.
1.45 PM **FIM JuniorGP Championship** Action from Nevers Magny-Cours, France.
6.15 **UEFA Champions League: Stories of the Finals** A look back at the 2007 final between AC Milan and Liverpool.
6.30 **Gallagher Premiership Rugby Union** Season review.
8.00 **British Superbikes Highlights** Action from the fourth round of the season in Knockhill.
9.00 **British Speedway** Action from Oxford Spires v Ipswich Witches.
10.00 **BMX Urban Sessions** Highlights of the freestyle finals in Brussels.
12.00 M'T **Premier League Stories**
12.30 AM **WNBA** Liberty v Storm.
1.30 **to 6.00** AM **FIM JuniorGP Championship**

Sky Sports Action

408 408 517 507 426 446

6.00 AM **The Rugby Championship** Another chance to see Australia v South Africa from 2024.
8.00 Another chance to see Australia v New Zealand at Accor Stadium in Sydney from 2024.
10.15 **The Rugby Championship** New Zealand v Australia from 2024.
12.15 PM **British and Irish Lions Tour**
3.15 **Rugby Union Retro**
4.00 **The Rugby Championship** Another chance to see Australia v South Africa from 2024.
6.00 **British and Irish Lions Tour** Highlights of the warm-up match between British & Irish Lions and Argentina from Dublin.
7.00 **British and Irish Lions Tour** Action from the warm-up match between Western Force and British & Irish Lions staged at Optus Stadium in Perth.
8.00 **British and Irish Lions Tour** Highlights of the warm-up match between Queensland Reds v British & Irish Lions at Suncorp Stadium in Brisbane.
9.00 **Rugby Union Retro**
10.00 **British and Irish Lions Tour**
1.00 AM **Rugby Union Retro**
2.00 **to 6.00** AM **The Rugby Championship**

Sky Sports Sky Sports+

412 410 518 508 427 447

6.00 AM **EFL Highlights** Action from AFC Wimbledon v Walsall in the League Two play-off final.
7.00 **Good Morning Sports Fans**
10.00 **Sky Sports News**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk**
5.00 **Sports Centre** A round-up of the sports news, with analysis and comments, plus extended interviews with headline makers.
7.00 **Sky Sports News**
10.30 **Back Pages Tonight** The sports headlines in tomorrow's papers.
11.00 **Sky Sports News**
12.00 M'T **EFL Highlights** Action from Chesterfield v Walsall.
12.30 AM Action from Notts County v AFC Wimbledon.
1.00 Walsall v Chesterfield.
1.30 Highlights from AFC Wimbledon v Notts County.
2.00 **EFL Highlights** Action from AFC Wimbledon v Walsall in the League Two play-off final.
3.00 Chesterfield v Walsall.
3.30 Action from Notts County v AFC Wimbledon at Meadow Lane.
4.00 Walsall v Chesterfield.
4.30 Action from AFC Wimbledon v Notts County.
5.00 **to 6.00** AM **EFL Highlights**

Sky Sports Tennis

407 407 537 520 425 445

6.00 AM **US Open Classic Matches**
7.00 **Tennis** The 2024 US Open.
11.00 **ATP Tennis** Recent finals.
1.00 PM **US Open Classic Matches**
4.00 **ATP Tennis** Recent finals.
6.00 **Tennis** The 2024 US Open.
10.00 **ATP Tennis** Action from the 2024 Swiss Open Gstaad final.
11.00 Highlights from the 2024 Los Cabos Open final.
12.00 M'T **US Open Classic Matches**
3.00 AM **Tennis** The 2024 US Open.
5.00 **to 6.00** AM **US Open Tennis**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **Tennis** The 2024 US Open.
8.00 **Test Cricket** England v India.
11.00 **PGA Tour Golf** Highlights.
12.00 NOON **DP World Tour Golf**
12.30 PM **HotelPlanner Tour Golf**
1.00 **Nick Dougherty's Tee Time Tips**
2.00 **PL Greatest Games**
3.00 **Tennis** The 2024 US Open.
6.00 **Formula 1** Highlights of the British Grand Prix at Silverstone.
7.00 **PGA Tour Golf** Recent action.
8.00 **DP World Tour Golf**
8.30 **HotelPlanner Tour Golf**
9.00 **Ladies European Tour Golf**
10.00 **Formula 1** British Grand Prix.
11.00 **Nick Dougherty's Tee Time Tips**
12.00 M'T **PL Greatest Games**
1.00 AM **PGA Tour Golf**
2.00 **Ladies European Tour Golf**
3.00 **EFL Greatest Games**
4.00 **Nick Dougherty's Tee Time Tips**
5.00 **to 6.00** AM **The Open Zone**

TNT Sports 3

413 415 523 410 432

6.00 AM **Premier League**
7.30 **UEFA Champions League: Stories of the Finals**
7.45 **One Day International Cricket**
9.45 **LIVE One Day International Cricket Sri Lanka v Bangladesh.** Coverage of the third and final ODI in the series staged at R Premadasa International Stadium in Colombo.
6.30 PM **European Rally Championship Highlights**
7.00 **MLB Highlights**
8.00 **The FA Disability Cup** Action from this year's event.
9.00 **Classic Premier League** The best goals from 2018/19.
10.00 **Wimbledon** Action from the ninth day at the All England Club.
11.30 **Test Cricket Highlights**
12.30 AM **Women's Giro d'Italia**
1.30 **UFC Reloaded** UFC 62.
3.15 **UFC Connected**
3.45 **Wimbledon** The ninth day.
5.15 **to 6.00** AM **Ally's Social Club**

TNT Sports 4

414 416 524 411 434

6.00 AM **Serie A** Inter Milan v Genoa.
7.00 Cagliari v Juventus.
8.00 Napoli v Inter Milan.
9.00 AC Milan v Lazio.
10.00 **Serie A** Lazio v Udinese.
11.00 Juventus v Atalanta.
12.00 NOON Highlights from Fiorentina v Juventus.
1.00 PM **MLB Highlights**
2.00 **AFL** Another chance to see West Coast Eagles v GWS Giants.
3.30 A chance to see Essendon Bombers v Gold Coast Suns.
5.00 Another chance to see Geelong Cats v Richmond Tigers.
6.30 A chance to see Brisbane Lions v Port Adelaide Power.
8.00 **WNBA** Highlights of New York Liberty v Seattle Storm.
9.00 **Longines Global Champions Tour** The Grand Prix of Monaco.
10.00 **Fishing: On the Bank**
11.00 **UTMB World Series Highlights** Recent action from Salzburg.
12.00 M'T **6.00** AM **AFL**

Premier Sports 1

419 551

6.00 AM **LaLiga Specials**
7.00 **Transworld Sport** Magazine.
8.00 **PSA Squash Highlights**
9.00 **UK Independent Kart Racing**
10.30 **British Minibikes** Round three.
11.30 **Euro Le Mans Highlights**
12.30 PM **LaLiga Specials**
1.30 **Motorsport** Le Tour Auto.
2.00 **Transworld Sport** Magazine.
3.00 **LaLiga Specials**
3.30 **UK Independent Kart Racing**
4.55 **NASCAR Highlights**
5.55 **LIVE Swedish Speedway Vargarna v Dackarna.**
8.00 **Motorsport** Valentino Rossi.
8.30 **Trail Menorca** Recent action.
9.00 **PSA Squash Highlights**
10.00 **NASCAR Highlights**
11.00 **Swedish Speedway**
1.00 AM **Motorsport** Valentino Rossi.
1.30 **UK Independent Kart Racing**
3.00 **Transworld Sport** Magazine.
4.00 **British Minibikes** Round three.
5.00 **to 6.00** AM **Euro Le Mans Highlights**

Premier Sports 2

420 552

6.00 AM **NASCAR Xfinity Series**
9.00 **Bike World** Recent action.
9.30 **GP Confidential**
10.00 **LaLiga Specials**
11.00 **NHL Ice Hockey** Florida Panthers v Edmonton Oilers.
1.00 PM **NHL: This is Hockey**
1.30 **CONMEBOL World Cup Qualifiers** Argentina v Colombia.
3.30 **Football's Greatest**
4.00 **Top 14 Rugby Union** Toulouse v Bayonne in the first semi-final.
6.00 Bordeaux Bègles v Toulon in the second semi-final.
8.00 A chance to see Toulouse v Bordeaux Bègles in the final.
10.00 **Temples of Sport**
10.30 **CONCACAF Gold Cup** Another chance to see the final.
12.30 AM **Temples of Sport**
1.00 **NHL Ice Hockey** Florida Panthers v Edmonton Oilers.
3.30 **LaLiga Specials**
3.45 **to 6.00** AM **EPCR Challenge Cup**

Sky Sports F1

406 406 516 506 424 444

6.00 AM **Formula 3** British Grand Prix.
8.00 **Formula 2** From Silverstone.
10.20 **F1 Academy Ella Lloyd**
10.30 **Formula 1** British Grand Prix.
12.30 PM **Ted's Notebook**
1.00 **Formula 1** A chance to see the British Grand Prix, the 12th round of the season held at Silverstone.
5.30 **Ted's Notebook**
6.00 **Indycar** Action from the Honda Indy 200 at Mid-Ohio.
8.30 **Lewis Hamilton: Why Heritage Matters** With Naomi Schiff.
9.00 **Indycar** The Honda Indy 200.
10.00 **Formula 1** Highlights of the British Grand Prix at Silverstone.
11.00 **Indycar** The Honda Indy 200.
12.00 M'T **Formula 1** From Silverstone.
1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Wednesday 9 July

Evening Planner

Wednesday

Football

Women's Euro 2025

BBC1, ITV1 & S4C

England take on the Netherlands (BBC1, k-o 5pm), and Wales face France (ITV1, k-o 8pm), as the group stage continues.

Documentary

Poisoned: Killer in the Post

C4, 9pm (box set, C4 Streaming)

The investigation into how a number of suicidal people were able to buy poison, leading to the arrest of a man in Canada.

OnDemand

prime

Ballard

Available today

Maggie Q reprises her role as Detective Renee Ballard (*Bosch: Legacy*), targeting a serial killer in this spin-off series.

OnDemand

Disney+

Shifting Gears

Available today

Tim Allen stars as grumpy widower whose daughter shows up with her children, needing a place to live.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1		7.15 News; Local News	8.00 EastEnders		9.00 The Repair Shop: Favourite Fixes		10.00 News; Local News	10.40 Bad...
	102 BBC2	‹ 3.00 Wimbledon – Live: Day 10		8.00 Today at Wimbledon		9.00 Saving Lives at Sea		10.00 Inside No. 9	10.30 Newsnight
	103 ITV1	7.00 Football: Women's Euro 2025 – Live: France v Wales (Kick-off 8.00)							10.30 News
	104 CHANNEL 4	7.00 News		8.00 Can't Sell, Must Sell		9.00 Poisoned: Killer in the Post		10.00 Film: The Trouble with Mr Doodle	
	105 5	7.00 Football: FIFA Club World Cup – Live: Coverage of the second semi-final (Kick-off 8.00)							
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Great Barrier Reef with David...		9.00 Super/Man: The Christopher Reeve Story			
ENTERTAINMENT	115 BBC3	7.00 Deadly Dinosaurs with Steve Backshall		8.00 Interior Design Masters with Alan Carr		9.00 Ghosts US		10.05 Suits	
	116 BBC4	7.00 Hawaii: Earth's Tropical Islands		8.00 Meet the Romans with Mary Beard		9.00 Mysterious Origins of Insects			10.15 Poldark
	118 ITV2	7.00 Deal or No Deal		8.00 Million Dollar Listing: LA		9.00 Love Island		10.05 Extraordinary	10.35 Family Guy
	136 MORE4	‹ 6.55 The Dog House Australia		7.55 The Dog House		9.00 Grand Designs		10.00 Location, Location, Location Australia	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Below Deck: Mediterranean		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Fire Country			
	108 SKY ATLANTIC	‹ 6.50 Westworld		7.55 Game of Thrones		9.00 The White Lotus			10.15 True Detective
	110 U&GOLD	‹ 6.45 Are You...	7.25 Dad's Army	8.05 The Vicar of Dibley				10.00 The Royle Family	10.35 The Fast...
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	7.00 Heartbeat		8.00 Vera				10.00 Grantchester	
	120 ITV4	7.00 Tour de France Highlights		8.00 Film: Rocky II					
	112 COMEDY CENTRAL	‹ 6.55 Friends				9.00 Film: Private Benjamin			
	139 SKY SCI-FI	7.00 Atlantis		8.00 Stargate Atlantis		9.00 From the Earth to the Moon		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 Agatha Raisin				10.00 Resident Alien	
	109 U&ALIBI	7.00 Shakespeare & Hathaway		8.00 Beyond Paradise		9.00 Death in Paradise		10.00 Catch Me a Killer	
	130 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Bill Bailey's Master Crafters: The Next...		9.00 Stories from the National Gallery		10.00 Welcome to the Eighties	
	132 U&W	7.00 The Shift: Women on the Force		8.00 Side Hustlers		9.00 Kathy Burke's All Woman		10.00 999 Rescue Squad	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers		8.00 Scrap Kings		9.00 Street Outlaws: Locals Only		10.00 Wheeler Dealers World Tour	
	162 ANIMAL PLANET	7.00 Animal Cribs		8.00 Alone in the Wild		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Secret Nazi Science		9.00 Hitler the Junkie		10.00 Hitler's Last Stand	
	123 SKY HISTORY	7.00 Forged in Fire Armed Forces...		8.00 Britain's Most Historic Towns		9.00 The Curse of Oak Island: Drilling Down		10.00 Hunting History with Steven Rinella	
	155 U&YESTERDAY	7.00 Great American Railroad Journeys		8.00 Secret Nazi Bases		9.00 Equator		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Stax: Soulsville USA		8.00 Anatomy of Lies		9.00 Super/Man: The Christopher Reeve Story			
FILMS – Sky Cinema	301 PREMIERE	‹ 5.20 Gladiator II		8.00 William Tell					10.15 Strange Darling
	302 2025 RECAP	‹ 6.15 Fight or Flight		8.00 A Different Man				10.00 The Bikeriders	
	303 EPIC WORLDS	‹ 5.50 Indiana Jones and the Temple of...		8.00 Indiana Jones and the Last Crusade					10.10 The Legend of Zorro
	304 GREATS	‹ 5.20 The Bridge on the River Kwai		8.00 True Grit					10.10 Two Mules for Sister Sara
	305 ANIMATION		7.15 Monsters vs Aliens			8.55 Sneaks			10.35 Batman...
	306 FAMILY	‹ 5.45 The Karate Kid			8.10 Stuart Little			9.45 Stuart Little 2	
	307 ACTION	‹ 5.05 Saving Private Ryan		8.00 Wonder Woman					10.25 Bad Boys
	308 COMEDY	‹ 6.30 The Naked Gun 33⅓: The Final Insult		8.00 Miss Congeniality				10.00 Miss Congeniality 2: Armed and...	
	309 THRILLER	‹ 5.40 The Perfect Storm		8.00 The Italian Job				9.45 Along Came a Spider	
	310 DRAMA	‹ 6.30 Sundown		8.00 Ben-Hur					
	311 SCI-FI	‹ 6.30 Ouija		8.00 Ouija: Origin of Evil				9.45 28 Days Later	
	313 FILM4	‹ 6.15 The Karate Kid				9.00 Plane			
SPORT	401 MAIN EVENT	‹ 6.00 Women's International T20 Cricket – Live: England v India						10.00 News at Ten	10.30 Back Pages...
	402 PREMIER LEAGUE	7.00 PL Stories	7.30 PL Highlights	8.00 Gary Neville's...	8.30 PL Stories	9.00 Newcastle...	9.30 My Origin Story	10.00 Class of '92: Full Time	
	403 FOOTBALL	‹ 6.00 EFL Cup Retro		8.00 SPFL Special: Celtic's Invincibles		9.00 EFL Greatest Games		10.00 EFL Cup Highlights	
	404 CRICKET	‹ 6.00 Women's International T20 Cricket – Live: England v India						10.00 Ashes Greats	10.30 Film Room...
	410 TNT SPORTS 1	7.00 MLB Plays of...	7.30 MLB Highlights		8.30 MLB – Live: San Francisco Giants v Philadelphia Phillies (Start-time 8.45)				
	411 TNT SPORTS 2	7.00 Henley Royal Regatta		8.00 Cliff Diving World Series		9.00 Ultimate Pool			10.30 Reload

‹ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

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Wednesday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Crimewatch Caught** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **LIVE Wimbledon** Coverage of day 10 at the All England Club. (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **LIVE Wimbledon** Further coverage of day 10 from the All England Club, where the men's and ladies' singles quarter-finals are scheduled to continue. (S)
4.15 **LIVE Football: Women's Euro 2025** England v Netherlands: All the action from both teams' second match in Group D of Women's UEFA Euro 2025, held at Stadion Letzigrund in Zurich, Switzerland. Kick-off is at 5.00. (S)

Home Nation

4.15 Football: Women's Euro 2025

7.15 **BBC News** (S)
7.40 **Local News** (S)

8.00 **EastEnders** Ravi is forced to come up with a plan, Harry jumps to Kojo's defence, and Callum deals with a difficult situation. (S)(AD)
8.30 Harry panics, Freddie tries to impress, and Cindy makes an accusation. (S)(AD)

9.00 **The Repair Shop: Favourite Fixes** Items related to World War Two, including a doll made by a woman who worked for the Land Army and a writing case once owned by a woman who worked at Bletchley Park. (S)(R)(AD)

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Bad Nanny** Series finale 2/2. The final part of the documentary reveals how victims of fraudster nanny Samantha Cookes banded together to expose a decade of lies and bring a master manipulator to justice. (S)(AD)
11.35 **Apples Never Fall** *Stan:* 6/7. Stan's erratic behaviour generates suspicion, as a damning new piece of evidence regarding Joy's disappearance surfaces. (S)(R)(AD)
12.20 AM *Joy:* 7/7. An arrest reveals the truth of what really happened to Joy. (S1) (S)(R)(AD)
1.10 **Weather for the Week Ahead** Seven-day forecast. (S)
1.15 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **A to Z of TV Gardening** Carol Kirkwood looks at subjects beginning with the letter M. (S)(R)
7.15 **Bargain Hunt** Charlie Ross hosts as two teams compete at Ardingly antiques fair, West Sussex. (S)(R)
8.00 **Sign Zone: Celebrity Antiques Road Trip** TV star Gemma Collins and radio DJ Melvin Odoom go on a road trip through Essex. (S)(R)
9.00 **BBC News** (S)
11.15 **Politics Live** (S)
1.00 PM **LIVE Wimbledon** Coverage of day 10 of the Grand Slam event from the All England Club. (S)
3.00 **LIVE Wimbledon** Further coverage of day 10 of the Grand Slam tournament from the All England Club, where the men's and ladies' singles quarter-finals are scheduled to conclude. (S)

3.00 Wimbledon

LIVE Wimbledon (started at 3.00pm)

8.00 **Today at Wimbledon** Qasa Alom presents highlights of day 10 at the All England Club, where the men's and ladies' singles quarter-finals were scheduled to conclude. (S)

9.00 **Saving Lives at Sea** On the Isle of Wight, the Bembridge crew race against time to save an old fishing trawler that's become trapped on a submarine barrier, and is now taking on water. (S)(R)(AD)

10.00 **Inside No. 9** *Plodding On:* 6/6. The final episode. Tensions between Steve and Reece threaten to spoil a party. (S9) (S)(R)(AD)
10.30 **Newsnight** (S)

11.00 **Live Aid at 40: When Rock 'n' Roll Took on the World** 1/3. The behind-the-scenes story of the 1985 charity concerts. (S)(R)(AD)
12.00 M'T **FILM Don't Look Now** Supernatural thriller with Donald Sutherland and Julie Christie. (S)(AD) (1973, 15, 110min) ★★★★★
1.50 AM **Sign Zone: Walking with Dinosaurs** (S)(R)(AD)
2.40 **Sign Zone: Murder 24/7** (S)(R)(AD)
3.40 **Sign Zone: Policing Paradise** (S)(R)
4.10 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **James Martin's Midweek Menu** New edition The chef serves up a dish of pork with a cider and apple sauce, reveals how to make a vegetable tart, and prepares lunch for Simply Red's Mick Hucknall. (S)
3.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.00 Football: Women's Euro 2025

7.00 LIVE Football: Women's Euro 2025 France v Wales: Laura Woods presents all the action from the second Group D match for both teams, held at Arena St Gallen in Switzerland. This is Wales' first European Championship finals and they could barely have been given a tougher test, with England and Netherlands also in what looks arguably the most difficult group on paper. The only previous matches between the sides came in qualifying for the 2023 FIFA World Cup, and saw France win 2-0 at home and 2-1 away. Les Bleues will be favourites to prevail once again, but Rhian Wilkinson's team will be again expected to make things difficult for them as they chase what would be a famous victory. Kick-off is at 8.00. (S)(AD)

Home Nation

10.30 **ITV News** (S)

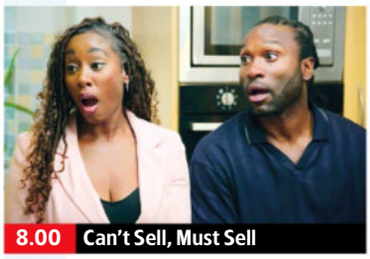
11.00 **Local News** (S)
11.20 **FILM The Magnificent Seven** Western remake starring Denzel Washington and Chris Pratt. (S)(AD) (2016, 12, 130min) ★★★
1.30 AM **Teleshopping**
3.00 **Tour de France Highlights** Action from stage five, a 33km individual time-trial around Caen. (S)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **James Martin's Midweek Menu** (S)(SL)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 5-8/22. (S1) (S)(R)
8.10 **The King of Queens** (S)(R)(AD)
9.10 **Frasier** 17-20/24. (S4) (S)(R)(AD)
11.10 **Ramsay's 24 Hours to Hell and Back** From Virginia. (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Help! We Bought a Village** (S)(R)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** A winter retreat in Spain's Balearic Islands. (S)(R)
4.00 **The Great House Giveaway** A plumber and a joiner fix up a property in West Yorkshire. (S)(R)
5.00 **Chateau DIY** Trish calls on the help of her friends as she tries to bring light into the interior of her dark medieval property. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** New edition A Norfolk couple look for a forever home in Almería. (S)



8.00 Can't Sell, Must Sell

7.00 **News** (S)

8.00 **Can't Sell, Must Sell** New edition Stuart and Scarlette Douglas help two sets of desperate homeowners in West Sussex, making over a million-pound property in need of a facelift and a polka-dotted assault to the senses. (S)(AD)

9.00 **NEW SERIES Poisoned: Killer in the Post** 1/2. Documentary about James Beal's investigation into a disturbing number of young people dying by suicide. *See feature, page 21.* (S)(AD)
■ Concludes tomorrow

10.00 **NEW The Trouble with Mr Doodle** Documentary exploring how artist Sam Cox morphed into Mr Doodle – an alter ego who ended up buying a mansion and painting it white, simply so that he could draw all over it. (S)(AD)

12.00 M'T **Sky Coppers** The unit joins the helicopter team and the dog unit in pursuit of a thief. (S)(R)(AD)
12.55 AM **Crime Scene Cleaners** (SL)(R)
1.50 **FILM Farming** Drama starring Damson Idris and Kate Beckinsale. (S)(SL) (2018, 18, 105min) ★★★
3.35 **Find It, Fix It, Flog It** (S)(R)
3.55 **Sarah Beeny's New Life in the Country** (S)(SL)(R)(AD)
4.50 **George Clarke's Amazing Spaces**
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

7 PM
8 PM
9 PM
10 PM

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley with Matt Allwright** Topical debate. (S)
12.30 PM **Vanessa** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 **FILM PREMIERE** **My Child Has My Doctor's Face** Drama starring Natalie Polisson. (S) (2024, 12, 100min) ★★
4.00 **Bargain-Loving Brits in the Sun** New arrivals Chris and Gary start looking for work. (S)(R)
5.00 **News** (S)
6.00 **Dogs Behaving (Very) Badly** Dog trainer Graeme Hall tries to help attention-seeking pup Tinkerbell, who won't give her owner a moment's peace. (S)(R)
6.55 **News** (S)

12.30 Vanessa

7.00 **LIVE Football: FIFA Club World Cup** Coverage of the second semi-final, which takes place at MetLife Stadium in East Rutherford, New Jersey. Manchester City were the victorious team in the corresponding match of the 2023 tournament, prevailing 3-0 against Urawa Red Diamonds in Jeddah, Saudi Arabia. Kick-off is at 8.00. (S)

10.55 **Motorway Cops: Catching Britain's Speeders** PC Adam Barley stakes out the main road for drivers with their foot down and it doesn't take long before he spots a driver doing 59mph in a 40 zone. (S)(R)

11.55 **Traffic Cops** In North Yorkshire, officers are out in force on a bank holiday weekend. (S)(R)
12.55 AM **Entertainment News** (S)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** (S7) (S)(R)(AD)
3.45 **The World's Most Expensive Hotels** From Hong Kong. (S)(R)
4.35 **Paul Martin's Antiques Showdown** (S)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Atlantis** (S1) (S)(R)
11.00 **New Kids in the Wild** (S)(R)
12.00 NOON **The Flash** (S9) (S)(R)
1.00 PM **Hawaii Five-0** (S8) (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 14/18. (S4) (S)(R)(AD)
5.00 **The Simpsons** *A Made Maggie:* Homer and Marge ask Fat Tony to be Maggie's godfather. (S)(R) **5.30** *Dogtown:* The dogs of Springfield assert their dominance over humans. (S)(R) **6.00** *The Longest Marge:* Marge and Mr Burns fight each other for the soul of a brash young football prodigy. (S)(R) **6.30** *Pixelated and Afraid:* Homer and Marge become lost in an icy wilderness. (S)(R)

9.00 Super/Man

7.00 **The Simpsons** *Boyz N the Highlands:* A weekend in the wilderness takes a dark turn. (S)(R) **7.30** *You Won't Believe What This Ep's About – Act 3 Will Shock You!* Homer is accused of animal abuse. (S)(R)

8.00 **Great Barrier Reef with David Attenborough** 1/3. Following his first visit to the Great Barrier Reef in 1957, David returns and uses the latest filming techniques to unlock the secrets of the natural wonder. (S)(R)

9.00 **Super/Man: The Christopher Reeve Story** A profile of the actor who rose to fame after starring in the 1978 film *Superman*, but was paralysed from the neck down in 1995 after a horse-riding accident. (S)(R)(AD)

11.00 **A League of Their Own** With Anthony Gordon, Big Zuu and Maisie Adam. (S)(R)(AD)
12.00 M'T **The Force: North East** The discovery of a trail of blood leaves officers puzzled. (S)(R)
1.00 AM **Brit Cops: Law & Disorder** Crime documentary. (S)(R)
2.00 **Road Wars** (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 4/18. (S4) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm Teen Predator/ Online Killer (S)(R) **11.10** Bad Nanny (S)(R)(AD) **12.05am** Apples Never Fall (S)(R)(AD) **1.45-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.40pm Crimewatch Caught (S)(R) **11.10** **NEW** Bad Nanny (S)(AD) **12.05am** Apples Never Fall (S)(R)(AD) **1.40-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **11.00** Dysgu Gyda Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cartrefi Cymru **12.30** Darn Bach o Hanes (AD) **1.00** Prynhawn Da **New edition** **1.55** Newyddion a'r Tywydd **2.00** **LIVE** Seiclo: Tour de France **4.50** Annibendod **5.00** Stwnsh **6.00** Arfordir Cymru: Bae Ceredigion **6.30** Rownd a Rownd (AD) **7.00** Newyddion a'r Tywydd **7.30** **LIVE** Football: Women's Euro 2025 **10.15** Taith y Llewod **11.05-11.40pm** Seiclo: Tour de France

TV&Satellite week
More channels than any other TV magazine

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **Deadly Dinosaurs with Steve Backshall** 5/10. Steve searches for the greatest terrors from the skies. **7.30** 6/10. The deadliest prehistoric aquatic monster.
7.55 **The Catch Up**
8.00 **Interior Design Masters with Alan Carr** 6/8. The designers make over two wooden lodges.
9.00 **Ghosts US** **New episodes** 7/22. Sam accidentally creates a rift between Sam and Jay's neighbours. **9.20** 8/22. Part one of two. Sam and Jay prepare to host Jay's hard-to-please family. **9.40** 9/22. Part two of two. A failed exorcism puts Jay in a vicarious position. (S4)
10.05 **Suits** 15&16/16. (S6)
11.25 **The Tooney and Russo Show** **New edition**
12.05 AM **Things You Should Have Done** 1&2/6. (S1)
1.00 **A Very British Cult**
2.00 **Ballers: Ball or Nothing**
3.00 **Drugs Map of Britain**
3.25 **to 3.55** AM **Things You Should Have Done**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me** Five editions of the culinary contest from Manchester.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Kirstie and Phil's Love It or List It** The duo visit the Payne-Durkins on the rural outskirts of Leeds.
6.55 **The Dog House Australia** **New edition** A man who lost his wife to cancer wants to share his life with a dog.
7.55 **The Dog House** Two teenage brothers need a peacekeeper, but are sceptical that Maggie, a cute Chihuahua cross, has quite the 'look' they are after.
9.00 **Grand Designs** Kevin McCloud follows the progress of a couple building a floating home on a tidal estuary near Worthing.
10.00 **Location, Location, Location Australia** **New edition** A couple's dream of moving from the city to the countryside turned into a nightmare when they felt isolated from their families. Now they want a home in Melbourne's suburbs.
11.05 **999: On the Front Line**
12.05 AM **Emergency Helicopter Medics**
1.10 **24 Hours in A&E**
3.20 **to 3.45** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Hawaii: Earth's Tropical Islands** 3/3. A journey across Hawaii's varied islands.
8.00 **Meet the Romans with Mary Beard** 2/3. The slum conditions of ancient Rome's streets.
9.00 **Mysterious Origins of Insects** Exploring the realm of the creatures to see how they have evolved.
10.00 **NEW** **Debbie Horsfield Remembers... Poldark** The screenwriter and executive producer reflects the 2015 reboot of *Poldark*.
10.15 **Poldark** 1/8. Period drama about a young aristocrat who returns from the battlefield to find his estate in ruins and his sweetheart engaged to another man. Stars Aidan Turner. (S1)
11.15 **Westwood: Punk – Icon – Activist** The career of Vivienne Westwood.
12.35 AM **Meet the Romans with Mary Beard**
1.35 **The Lost World of Tibet**
2.35 **to 3.35** AM **Hawaii: Earth's Tropical Islands**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Kitchen Nightmares USA**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons** *Treehouse of Horror XVI:* Three Halloween-themed tales.
7.00 **Hollyoaks** Grace wakes from her coma with a shocking revelation.
7.30 **The Simpsons** *The Twisted World of Marge Simpson:* Marge starts her own business selling hot pretzels.
8.00 **Below Deck: Mediterranean** **New edition** Two deckhands have a heated confrontation.
9.00 **Gogglebox** Opinions on *Mammals* and *The Traitors*. **10.00** *Starstruck* and *The Piano* are appraised.
11.05 **First Dates**
12.05 AM **The Big Bang Theory**
1.05 **Brooklyn Nine-Nine**
2.05 **The Goldbergs**
2.55 **Modern Family**
3.20 **Below Deck: Mediterranean**
4.10 **Kitchen Nightmares USA**
5.00 **The Goldbergs**
5.25 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 306 30 123 256

primetime

WEDNESDAY Entertainment

Wednesday

Sky Witness

107 107 110 341 356

6.00 AM **Stop, Search, Seize**
7.00 **Border Security: Canada's Front Line** Double bill.
8.00 **Border Patrol** Double bill.
9.00 **Send in the Dogs**
10.00 **Stop, Search, Seize**
11.00 **Bondi Rescue** Double bill.
12.00 NOON **The Good Doctor** (S6)
1.00 PM **FBI** 7/15. (S3)
2.00 **FBI: Most Wanted** 7/15. The team hunt for a suspect who has escaped trial and set out on a murder spree. (S2)
3.00 **Caught Red Handed**
4.30 **Nothing to Declare**

8.00 Caught on Dashcam

7 PM

7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 Caught on Dashcam Road disasters captured on video by drivers' dashboard cameras.

9 PM

9.00 Fire Country *At the End of My Rope:* 20/22. The crew respond to a deadly explosion at an abandoned mine.

10 PM

10.00 Fire Country *Backfire:* 21/22. The crew are called to a backfire started by a private firefighting company. (S1)
11.00 **FBI** 18&19/22. (S4)
1.00 AM **The Equalizer** 9/10. (S1)
2.00 **Law & Order: Special Victims Unit** New episodes 15&26/20. Double bill of the crime drama. (S26)
4.00 **Highway Cops**
5.00 **to 6.00** AM **Air Ambulance ER**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **The Guest Wing**
8.00 **The Sopranos** 2&3/21. (S6)
10.00 **Westworld** 5&6/8. (S3)
12.20 PM **Game of Thrones** (S7)
1.25 **Domina** 1&2/8. (S1)
3.35 **The Sopranos** 2/21. Carmela and Meadow hold a vigil at Tony's bedside.
4.40 3/21. Tony's bizarre dream continues. (S6)
5.45 **Westworld** 5/8. Dolores piles the pressure on Liam for access to Rehoboam.
6.50 6/8. Maeve gets one last chance to stop Dolores. (S3)

9.00 The White Lotus

7.55 Game of Thrones *The Spoils of War:* 4/7. Daenerys launches an attack on the Lannister army, and Jaime and Bronn collect the spoils from the war. (S7)

9.00 The White Lotus *Departures:* 6/6. Rachel shares some harsh truths with Shane and confides in Belinda. (S1)

10.15 True Detective *Form and Void:* 8/8. Cohle and Hart finally encounter the scarred man they have been hunting. (S1)
11.15 **Homicide: Life on the Street** 4/22. Munch investigates the death of a woman apparently killed during a break-in. (S7)
12.15 AM **Succession** 1/10. (S2)
1.35 **The Night Of** 3/8. (S1)
2.45 **Game of Thrones** As 7.55pm.
3.50 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S8)
8.00 **The Flash** 4/13. (S9)
9.00 **Stargate Atlantis** (S1)
11.00 **SEAL Team** 10/22. (S1)
12.00 NOON **The Flash** 5/13. (S9)
1.00 PM **Hawaii Five-0** (S8)
3.00 **NCIS: Los Angeles** 1/22. (S13)
4.00 **S.W.A.T.** 14/18. (S4)
5.00 **SEAL Team** 9/22. The unit are pitted the team against their Russian counterparts. (S1)
6.00 **Stargate Atlantis** 3/20. One of the Athosian children unwittingly unleashes a dark entity during a game. (S1)

10.00 Resident Alien

7.00 Stargate Atlantis *Thirty-Eight Minutes:* 4/20. The team become trapped while fleeing from the Wraith. (S1)

8.00 Agatha Raisin *The Deadly Dance:* 2/4. A scathing news article hurts Agatha's business, but then one of Charles's wealthy friends asks her to investigate a series of death threats. (S3)

10.00 Resident Alien *Here Comes My Baby:* 7/8. Ben becomes suspicious of Mike and Liv's investigation. (S3)
11.00 **Resident Alien** 8/8. (S3)
12.00 M'T **A League of Their Own**
1.00 AM **Brit Cops: Law & Disorder** Documentary.
2.00 **NEW SERIES The Walking Dead: Dead City** 1/8. Post-apocalyptic horror. (S2)
3.00 **NCIS: Los Angeles** 1/22. (S13)
4.00 **S.W.A.T.** 14/18. (S4)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
8.35 **The Bardsley Bunch**
9.30 **Only Way Is Essex**
10.15 **Real Housewives of Miami**
11.10 **Real Housewives of Salt...**
12.05 PM **Dinner Date**
1.05 **The Bardsley Bunch**
2.05 **The Only Way Is Essex**
3.05 **Million Dollar Listing: LA**
4.00 **Real Housewives of Miami** New edition Reality series.
5.00 **Real Housewives of Salt Lake City** Reality series.
6.00 **Celebrity Catchphrase**

10.05 Extraordinary

7.00 Deal or No Deal Stephen Mulhern hosts as Jack takes on the Banker for the chance to win life-changing money.

8.00 Million Dollar Listing: LA Josh Altman, Josh Flagg and Tracy Tutor compete with one another on a whole new level.

9.00 Love Island New edition Reality show in which singletons seeking a romance compete in the hope of finding love.

10.05 Extraordinary New episode 5/8. George delves into Jan's mind for an assignment. (S2)
10.35 Family Guy 6/21. (S12)
11.10 **Family Guy** 2/21. (S12)
11.40 **American Dad!** (S11&10)
12.35 AM **Bob's Burgers** 4/16. (S14)
1.05 **Olivia Attwood: The Price of Perfection** Documentary.
2.05 **Totally Bonkers Guinness World Records**
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Where the Heart Is**
10.30 **The Royal** *Slings and Arrows.*
11.35 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.45 **Classic Coronation Street**
3.45 **Midsomer Murders** *Blue Herrings:* Barnaby investigates a conspiracy to commit murder at a nursing home.
5.55 **Heartbeat** *Endangered Species:* Nick investigates a hit-and-run incident and uncovers the darker side of rural life.

10.00 Grantchester

7.00 Heartbeat *An American in Aidensfield:* Tongues start wagging when Greengrass goes into business with a stranger.

8.00 Vera *Little Lazarus:* DCI Vera Stanhope finds a kindred spirit in the son of a murdered woman and comes to realise the key to the case is hidden deep in his memory. Guest stars Kerry Fox and Kieran O'Brien.

10.00 Grantchester 5/8. A murder committed at Esme's office sends shockwaves through the Keating family. (S9)
11.00 **Grantchester** 6/8. A professor is found dead at a dig site. (S9)
11.55 **The Bay** 5/6. An old case puts a stop to Dean's work plans.
12.55 AM 6/6. The missing pieces of the investigation finally fall into place. (S4)
1.55 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Scotland's Home of the Year 2024** Three homes in the south.
8.00 **This Farming Life** A deep freeze descends on John's Ayrshire farm.
9.00 **Granite Harbour** 3/3. Lindo makes a shocking discovery with potentially fatal consequences. (S1)
10.00 **River City** New episode Harry makes Alex an enticing offer.
10.30 **Martin Compston's Norwegian Fling** The actor and Phil MacHugh conclude their journey.
11.00 **Gary: Tank Commander** 2/6. Gary swaps the tank for a Green Goddess. (S1)
11.30 PM **to 12.00** M'T **David Wilson's Crime Files: Cold Cases** Scotland's dark history with murdered sex workers.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **American Auto** (S1)
9.00 **The Conners** (S4)
10.00 **Entourage** (S8)
11.15 **Crashing** 4&5/8. (S3)
12.35 PM **Silicon Valley** (S2)
1.55 **Entourage** (S8)
3.10 **Upright** 1&2/8. (S1)
4.20 **Crashing** 4&5/8. (S3)
5.35 **Ballers** 5&6/10. (S1)
6.45 **The Conners** (S4)
7.45 **Silicon Valley** 9/10. Erlich demands to be put on the stand.
8.25 10/10. Erlich and Richard await the verdict on Pied Piper's fate. (S2)
9.00 **Entourage** 1/8. Vincent Chase prepares to attend the opening of his film.
9.35 2/8. Vince awaits the critics' verdict. (S1)
10.10 **Upright** 5&6/8. (S2)
11.25 **John Kearns: The Varnishing Days**
12.35 AM **Sex and the City**
1.45 **Girls** 3&4/10. (S4)
2.55 **Hello Ladies** (S1)
4.05 **to 5.00** AM **American Auto**

Sky Arts

130/131 114/115 123 36 143 24 350 365

6.00 AM **Gilbert and Sullivan: A Motley Pair**
6.30 **Pavarotti: The Duets**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Art Traffickers**
3.00 **Classic Movies**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Master Crafters: The Next Generation**
9.00 **Stories from the National Gallery**
10.00 **Welcome to the Eighties**
11.00 **Comedy Legends**
12.00 M'T **Peter O'Toole: Along the Sky Road to Aqaba** Documentary.
2.00 AM **Life & Rhymes**
3.20 **Inside Art Special**
4.15 **Auction**
4.45 **to 6.00** AM **Highlights**

Sky Mix

151 158 135 11 141 23

7.00 AM **Customs UK**
8.00 **Border Security USA**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security USA** Documentary.
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S5)
6.00 **Stargate Universe** (S1)
7.00 **Star Trek: The Next Generation** *Lonely Among Us:* 7/26. The crew's personalities mysteriously change. (S1)
8.00 **Star Trek: Deep Space Nine** *Playing God:* 17/26. Dax discovers a small developing universe. (S2)
9.00 **The Rookie** (S4)
11.00 **Grimm** 11/22. (S4)
12.00 M'T **Nothing to Declare**
2.00 AM **Brit Cops: Rapid Response** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Word-based quiz hosted by Adil Ray.
10.00 **Tipping Point** Triple bill of the game show.
1.00 PM **Lingo** Word-based quiz hosted by Adil Ray.
2.00 **Pictionary** Double bill of the game show hosted by Mel Giedroyc.
3.00 **Tenable** Double bill of the game show hosted by Sally Lindsay.
5.00 **Deal or No Deal** Stephen Mulhern hosts the game show.
6.00 **Lingo** Double bill of the word-based quiz show hosted by Adil Ray.
8.00 **Deal or No Deal** Stephen Mulhern hosts the game show in which a contestant takes on the ruthless Banker.
9.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.00 M'T **Pictionary** Double bill of the game show hosted by Mel Giedroyc.
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 50 48

8.00 AM **Hart to Hart** (S3)
9.00 **Diagnosis Murder**
11.00 **Father Dowling Mysteries** 21/22. (S3)
12.00 NOON **Sue Thomas: F.B.Eye** 5/19. (S1)
1.00 PM **Hart to Hart** (S3)
2.00 **Father Dowling Mysteries** 4/8. (S1)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 21–24/25. (S6)
9.00 **Randall and Hopkirk (Deceased)** *The Man from Nowhere:* 15/26. Jeannie meets a man claiming to be Marty's reincarnation. (S1)
10.00 **The Avengers** *Forget-Me-Knot:* 1/33. (S6)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S6)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Derby Through the Years** Memorable stagings.
6.20 **The Protectors**
6.50 **The Professionals**
7.55 **Dempsey and Makepeace**
8.55 **Magnum, PI**
9.55 **Kojak**
10.55 **Giant Lobster Hunters**
11.55 **Return of Sherlock Holmes**
1.00 PM **Tour de France Highlights**
2.00 **LIVE Tour de France**
5.00 **Great Racehorses**
5.20 **River Monsters**
5.55 **Minder**

8.00 Rocky II

7.00 Tour de France Highlights Action from the fifth stage, a 33km individual time-trial around Caen in Normandy.

8.00 FILM Rocky II Boxing drama sequel directed by and starring Sylvester Stallone. Rocky steps back into the ring for a rematch with Apollo Creed for the World Heavyweight title. With Carl Weathers. (1979, PG, 119min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.35 FILM London Has Fallen Action thriller sequel starring Gerard Butler. The US president and the head of his Secret Service must foil a terrorist attack on the city of London. (2016, 15, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Wrestling: AEW Collision**
2.20 **Auto Mundial**
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: The Next Generation** 5/26. (S7)
2.00 **Atlantis** 11/13. (S1)
3.00 **Stargate Atlantis** 2/20. (S2)
4.00 **Star Trek: Voyager** 14/26. (S6)
5.00 **Star Trek: The Next Generation** 5/26. (S7)
6.00 **Star Trek: Enterprise** 16/24. Archer permits Dr Phlox to put all of the crew members into comas. (S3)

10.50 Stargate

7.00 Atlantis *Hunger Pangs:* 11/13. Jason helps himself to an abandoned feast, which causes him to behave strangely. (S1)

8.00 Stargate Atlantis *The Intruder:* 2/20. The battle cruiser *Daedalus* becomes infected with a mysterious virus. (S2)

9.00 From the Earth to the Moon *Mare Tranquillitatis:* 6/12. Neil Armstrong and Buzz Aldrin clash. (S1)

10.00 The Walking Dead *Scars:* 14/16. An outsider's arrival forces Alexandria to rehash old wounds. (S9)
10.50 FILM Stargate Sci-fi adventure starring Kurt Russell, James Spader and Jaye Davidson. (1994, PG, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.05 AM **Train** 3&4/12. (S1)
3.15 **Room 104** 9&10/12. (S2)
4.10 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S8)
9.00 **Father Brown**
10.00 **WPC 56** 2/5. (S2)
11.00 **Hudson & Rex** 14/16. (S3)
12.00 NOON **Shakespeare & Hathaway: Private Investigators** 7/10. (S4)
1.00 PM **Beyond Paradise** 1/6. (S2)
2.00 **Murdoch Mysteries** (S8)
4.00 **WPC 56** 2/5. (S2)
5.00 **Hudson & Rex** 14/16. (S3)
6.00 **Father Brown** *The Folly of Jephthah:* Flambeau seeks Father Brown's help to get rid of an unwanted rival.

10.00 Catch Me a Killer

7.00 Shakespeare & Hathaway: Private Investigators 7/10. The duo investigate the death of an actor. (S4)

8.00 Beyond Paradise 1/6. A murder mystery rehearsal becomes all too real for the victim. (S2)

9.00 Death in Paradise *Murder Onboard:* 5/8. Camille's best friend collapses during a night on a party boat. (S2)

10.00 Catch Me a Killer *The Saloon Killer – Part Two:* 11/11. The Saloon Shooter mows down two victims in Phoswa Village. (S1)
11.00 **Father Brown** As 6.00pm.
12.00 M'T **Shakespeare & Hathaway: Private Investigators**
1.00 AM **Elementary** 18/21. A killer selects victims based on the visions of a so-called seer. (S6)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.00 AM **Highlights**
9.20 **Ever Decreasing Circles**
10.00 **Are You Being Served?**
10.40 **Open All Hours**
11.20 **Last of the Summer Wine**
12.40 PM **The Green Green Grass**
1.20 **Ever Decreasing Circles**
2.00 **Dad's Army**
2.40 **Open All Hours**
3.20 **Are You Being Served?**
4.00 **Last of the Summer Wine**
5.20 **Ever Decreasing Circles**
6.00 **The Green Green Grass**
6.40 **Are You Being Served?**

8.00 The Vicar of Dibley

7.15 Dad's Army Warden Hodges challenges Mainwaring's platoon to a cricket match.

8.00 The Vicar of Dibley Alice suggests an unconventional nativity play starring herself and Hugo as Mary and Joseph.

9.00 The Vicar of Dibley Alice and Hugo's baby is christened amid chaos, while David asks Geraldine to marry him.

10.00 The Royle Family Denise and Dave bring baby David to visit.
10.40 The Fast Show Unlucky Alf finds a girlfriend.

11.20 **Not Going Out** Double bill.
12.40 AM **The Vicar of Dibley**
1.35 **The Royle Family**
2.10 **The Fast Show**
2.40 **Not Going Out**
3.10 **Ever Decreasing Circles**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **The Weakest Link**
8.00 **Cops on the Rock**
10.00 **Guy Martin's Battle of Britain**
11.00 **Rick Stein's Mediterranean Escapes** As 6.00pm.
12.00 NOON **Storage Hunters UK**
2.00 PM **Guy Martin's Great British Power Trip**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** Exploring food-related customs associated with weddings.
6.00 **Rick Stein's Mediterranean Escapes** The chef visits the fish market in Catania, Sicily.

2.00 Great British Power Trip

7.00 Would I Lie to You? With Kevin Bishop, Brian Blessed, Kate Williams and Josh Widdicombe.
7.40 Richard Osman's House of Games With the Rev Richard Coles and Dr Maggie Aderin-Pocock. **8.20** Gethin Jones and Tim Vine take part.

9.00 QI XL Comedians Jo Brand, Jack Dee and Jimmy Carr join regular panellist Alan Davies and host Stephen Fry.

10.00 Have I Got a Bit More News for You Jack Dee hosts the satirical current affairs quiz, with Sayeeda Warsi and Phil Wang.
11.00 **Taskmaster** Russell Howard presents a fairy tale, and Liza Tarbuck introduces a plastic lizard to a cordless drill.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Survivor South Africa**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **A Place in the Sun**
9.30 **Sun, Sea and Selling Houses** From Almeria.
10.30 **Help! We Bought a Village** From France.
11.30 **Chateau DIY**
12.30 PM **A Place in the Sun**
1.30 **The Great House Giveaway** Property.
2.30 **Sun, Sea and Selling Houses** From Almeria.
3.30 **Come Dine with Me**
6.00 **A Place in the Sun**
7.00 **Jimmy Doherty's Big Bear Rescue**
8.00 **Dover 24/7: Britain's Busiest Port** Major works are hampering the ferry terminal's operations.
9.00 **24 Hours in Police Custody** 1&2/2.
11.05 **Gogglebox**
12.05 AM **Celebrity Gogglebox**
1.05 **Shoot to Kill: Terror on the Tube** Double bill.
3.05 **In the Footsteps of Killers** Ken Brown.
4.05 **to 5.00** AM **Crime Scene Cleaners**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Murder, She Wrote**
12.00 NOON **Law & Order: Criminal Intent** (S1&2)
6.00 PM **NCIS** *Probie:* 10/24. McGee kills an undercover police officer while on duty. **7.00** *Model Behaviour:* 11/24. A model is killed while filming a TV show at a US Marine base. **8.00** *Boxed In:* 12/24. Tony and Ziva disappear while looking for smuggled weapons. (S3)
9.00 **Criminal Minds** *In the Dark:* 17/22. The agents suspect two killers may be operating at the same time. **10.00** *Hell's Kitchen:* 18/22. The agents investigate an urban vampire who kidnaps his victims at night. (S12)
11.00 **Law & Order: Special Victims Unit** (S14&13)
2.50 AM **The Good Wife** (S7)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Rogue Claimers**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Nightmare Tenants, Slum Landlords**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** Staff treat an 88-year-old who has been knocked over by high-speed winds.
9.00 **Murder Scene: The Incident Room** Following the investigation into the murder of 17-year-old Jayden Parkinson.
10.00 **Ambulance: Code Red**
11.00 **Skin A&E**
12.00 M'T **999: Emergency Call Out** Documentary.
1.00 AM **My Lover, My Killer**
2.00 **Quantico** 10&11/22. (S2)
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.15 **Trucking Hell**
10.15 **Traffic Cops**
11.15 **Police Interceptors**
2.15 PM **FILM In Old California** Western. (1942, PG, 88min) ★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors** Firearms officers enter a property to discover an arsenal of weapons. **7.00** Two men in a van go on a dangerous race through four counties. **8.00** Officers stop a car suspected of being stolen in a keyless theft.
9.00 **Traffic Cops**
10.00 **Police: Suspect No 1**
11.00 **Quantum Leap** (S1)
12.00 M'T **Motorway Cops: Catching Britain's Speeders** Documentary.
1.00 AM **Motorway: Hell on the Highway**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.15 AM **MasterChef Junior USA** Culinary series.
7.00 **Tipping Point**
10.00 **My Dream Home**
11.00 **Don't Hate Your House with the Property Brothers** Double bill.
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **The Shift: Women on the Force** Documetnary.
8.00 **Side Hustlers** New edition Some founders begin to crack under the pressure.
9.00 **Kathy Burke's All Woman** Modern attitudes to motherhood.
10.00 **999 Rescue Squad**
12.00 M'T **Inside the Ambulance** A man is acting erratically on a busy dual carriageway.
12.30 AM **Small Town Secrets**
2.25 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.20 AM **Pie in the Sky**
8.10 **Doctors**
9.25 **Classic Holby City**
10.25 **Classic Casualty**
11.30 **The Bill**
12.30 PM **Classic EastEnders**
1.45 **Pie in the Sky**
2.50 **Kingdom**
3.50 **Lovejoy**
5.00 **'Allo 'Allo!**
6.00 **Birds of a Feather**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Darby and Joan** New episode 2/6. Jack and Joan help a nurse who was the victim of a hit-and-run. (S2)
■ Entire series on U
9.00 **Sister Boniface Mysteries** 8/10. (S1)
10.00 **New Tricks**
11.20 **Spooks** 5/10. (S2)
12.40 AM **Pie in the Sky**
1.40 **'Allo 'Allo!**
2.35 **Birds of a Feather**
3.05 **to 4.00** AM **The Chelsea Detective**

+1 hr 243 316 60 260

WEDNESDAY Entertainment

Wednesday

Really
142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Majorca.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** Experts Raj Bisram and Irita Marriott head to the seaside in Lincolnshire. **8.00** Izzie Balmer and Mark Hill begin a new trip in Pembrokeshire.
9.00 NEW SERIES **1000-lb Sisters** Amy and Tammy Slaton continue their weight-loss journey.
10.00 **Quarter Ton Teen** New edition Due to constant bullying, Breia mostly keeps to herself.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
145 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **Richard Osman's House of Games**
11.20 **All Star Family Fortunes**
12.00 NOON **Classic Who Wants to Be a Millionaire?** Quiz show.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Classic Who Wants to Be a Millionaire?** Big-money quiz show hosted by Chris Tarrant.
5.00 **The Bidding Room**
6.00 **Tenable** Double bill.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Hot Seat: Who Wants to Be a Millionaire?** Double bill of the Australian version of the big-money quiz show.
12.00 M'T **Bullseye** Double bill.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 319 426 42 33

8.00 AM **Wild West Chronicles** Western.
8.30 FILM **Apache Territory** B-movie Western. (1958, U, 77min) ★★
10.00 **The Avengers** (S6)
11.00 **The High Chaparral**
12.00 NOON **Bonanza** (S1)
1.00 PM FILM **The Longest Drive** Western. (1976, PG, 93min) ★★
3.05 FILM **Lawman** Western. (1970, 15, 99min) ★
5.20 **Wanted: Dead or Alive**
6.00 **Bonanza** 21/32. (S1)
7.00 **The High Chaparral**
8.00 **The Avengers** (S6)
9.00 FILM **Renegades** Action adventure starring JK Simmons. (2017, 15, 106min) ★★
11.15 FILM **Cell** Sci-fi thriller. (2014, 15, 95min) ★★★
1.20 AM FILM **Asteroid-a-geddon** Adventure. (2020, PG, 90min) ★★
3.20 **to 5.00** AM **Wild West Chronicles**
+1 hour 324 319

GREAT! movies
321 318 425 34 32

9.00 AM **Saving Lives at Sea**
10.00 FILM **Deadly B&B** Thriller. (2018, 12) ★
12.00 NOON **Heathrow: Britain's Busiest Airport**
1.00 PM FILM **A Deadly Obsession** Thriller. (2012, 12, 88min) ★★
2.55 FILM **Murder In-Law** Thriller. (2019, 12) ★★
5.00 FILM **Another Man's Wife** Thriller with Rena Sofer and Dylan Neal. (2011, PG, 86min) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 FILM **The Duel** Western with Liam Hemsworth. (2016, 15, 110min) ★★
11.20 FILM **Murder by Text: Garage Sale Mystery** Drama with Lori Loughlin. (2017, PG, 90min) ★★
1.25 AM FILM **Evil Intent** Thriller. (2019, 12) ★
3.20 **Air Rescue**
4.00 **to 6.00** AM FILM **The Alleged Abduction** Mystery. (2019, PG) ★★
+1 hour 322 318

GREAT! romance
319 317 424 52 47

8.00 AM FILM **Love Map** Drama. (2022, PG) ★★
10.05 FILM **Pearl in Paradise** Comedy. (2018, PG) ★★
12.10 PM FILM **14 Love Letters** Drama. (2022, U) ★★
2.00 FILM **Aloha with Love** Romantic comedy. (2022, PG, 90min) ★★
3.55 FILM **You Had Me at Aloha** Romantic drama. (2021, PG, 84min) ★★
5.55 FILM **Love at the Shore** Romantic comedy. (2017, PG, 84min) ★★
8.00 FILM **Love at Sea** Drama starring Alexa PenaVega. (2018, PG, 90min) ★★
9.55 FILM **Love on Harbor Island** Romantic drama. (2020, PG, 80min) ★★
11.55 FILM **Love on Iceland** Romantic comedy. (2020, U, 84min) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Aloha with Love** Comedy. (2022, PG, 90min) ★★
+1 hour 320 317

Rewind TV
182 81 141

6.00 AM **Highlights**
11.00 **Jokers Wild**
11.30 **Please Sir!** (S4)
12.00 NOON **Carry On Laughing** 5/6. (S1)
12.30 PM **You're Only Young...**
1.00 **Born Free** 4/13. (S1)
2.00 FILM **Kansas City Confidential** Drama. (1954, b/w, 12) ★★
4.00 **Fantasy Island** (S1)
5.00 **A Sharp Intake of...**
5.30 **I Dream of Jeannie**
6.00 **The Monkees** (S1)
6.30 **Don't Drink the Water**
7.00 **Jokers Wild**
7.30 **You're Only Young Twice**
8.00 **Please Sir!** (S4)
8.30 **A Sharp Intake of Breath** 5/6. (S2)
9.00 **Bramwell** (S3)
10.00 **Soap** 2/25. (S1)
10.30 **Stereo Underground**
11.30 **The Monkees** (S1)
12.00 M'T FILM **Angels Hard as They Come** Thriller. (1971, 18, 85min) ★★
1.45 **to 6.00** AM **Highlights**

DMAX
159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Building Alaska**
11.00 **Building Off the Grid**
1.00 PM **Alaska: The Last Frontier** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Superbowl fever hits the *Cornelia Marie*. **8.00** The ice threatens the end of the season.
9.00 **Barnwood Builders** New editions The team restore a 19th-century gunsmith's cabin. **10.00** The team return to Lake Lure, NC, to rebuild Russel's Fort.
11.00 **Gold Divers**
12.00 M'T **Naked and Afraid: Alone** Documentary.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**
+1 hour 259 369 153

Food Network
140/141 154 190 43 148 39

6.00 AM **One-Pan Wonders**
7.00 **Barefoot Contessa**
8.00 **Delicious Miss Brown**
8.30 **Girl Meets Farm**
9.00 **Taste of the Sea**
10.00 **Comfort Food**
11.00 **Great British Bake Off**
12.00 NOON **Summer...**
1.00 PM **One-Pan Wonders**
2.00 **Islands to Highlands**
3.00 **Barefoot Contessa**
4.00 **Delicious Miss Brown**
4.30 **Girl Meets Farm**
5.00 **Taste of the Sea**
6.00 **Comfort Food**
7.00 **Great British Bake Off**
8.00 **Summer Baking Championship** New edition
9.00 **Hairy Bikers' Mississippi Adventure**
10.00 **Comfort Food**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Restaurant: Impossible**
+1 hour 240/241 154

Legend
148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 1/25. (S7)
9.00 **The Fall Guy** (S1)
10.00 **Knight Rider** (S3)
11.00 FILM **Weather Wars** Sci-fi disaster thriller. (2011, 15, 82min) ★★
12.45 PM FILM **This Savage Land** Western adventure. (1969, PG, 97min) ★★
2.45 FILM **Two Rode Together** Western. (1961, PG, 109min) ★★★
5.00 **Star Trek** 17/26. (S2)
6.00 **Knight Rider** (S3)
7.00 **The Fall Guy** (S1)
8.00 **Walker, Texas Ranger**
9.00 FILM **Flight of the Intruder** Vietnam War drama with Danny Glover. (1991, 15, 113min) ★
11.15 FILM **Ghosts of War** Tense horror. (2020, 18, 94min) ★★
1.10 AM FILM **Eye of the Tiger** Action thriller. (1986, 18, 90min) ★★
3.00 **to 4.50** AM FILM **Howl** Horror. (2015, 18) ★★

Legend Xtra
317 316 171 69 138 51

6.00 AM FILM **Alien Convergence** (2017)
8.00 FILM **The People That Time Forgot** Fantasy. (1977, U, 96min) ★★
10.00 **The Lost World** (S2)
11.00 FILM **Arctic Apocalypse** Thriller. (2019, PG) ★
1.00 PM FILM **The Day the Earth Stopped** Thriller. (2008, 15, 90min) ★★
3.00 **The Lost World** (S2)
4.00 **The A-Team** 17/25. (S3)
5.00 FILM **Alien Convergence** Action thriller. (2017, 15, 120min) ★★
7.00 **The Lost World** (S2)
8.00 **The A-Team** 18/25. (S3)
9.00 FILM **The Negotiator** Action thriller starring Samuel L Jackson. (1998, 15, 140min) ★★★★
11.40 FILM **The Enforcer** Action crime thriller. (2022, 18, 90min) ★★
1.30 **to 3.00** AM FILM **The Terrornauts** Drama. (1967, U, 77min) ★
+1 hour 318 316 371 139

Blaze
164 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Canadian Pickers**
7.35 **Auction Hunters**
8.00 **Storage Wars**
8.55 **Hardcore Pawn**
10.15 **Alien Files: Unsealed**
11.10 **Bermuda Triangle: Into Cursed Waters**
12.10 PM **MonsterQuest**
1.05 **Pawn Stars** Double bill.
2.05 **Junk and Disorderly**
3.05 **Storage Wars**
4.00 **Ancient Aliens**
6.00 **Alien Files: Unsealed**
7.00 **Canadian Pickers**
8.00 **Dickinson's Real Deal**
9.00 **Weird Britain** New edition In Cornwall.
10.00 **The UnXplained**
11.00 **Bermuda Triangle: Into Cursed Waters**
12.00 M'T **Secrets in the Sand**
1.00 AM **Alien Files: Unsealed**
2.00 **Ancient Aliens**
3.45 **Wicked Tuna**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT
153 166 138 46 133 30

9.00 AM **World's Most Scenic Railway Journeys**
11.00 **Ben Fogle: New Lives in the Wild** The Hebrides.
12.00 NOON **The Highland Vet**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **The Good Ship Murder**
7.00 **Cruising with Susan Calman** Susan sails to the island of Madeira.
8.00 **Ben Fogle: New Lives in the Wild** Sierra Nevada.
9.00 **Expedition: Search for the Nile** Ben Fogle follows Dr Livingstone's 19th-century expedition.
10.00 **Arabia with Levison Wood** The writer visits Petra in Jordan.
11.10 **The Good Ship Murder**
12.05 AM **Cruising with Jane McDonald**
1.10 **22 Kids & Counting**
3.05 **Cruising with Susan Calman** As 7.00pm.
3.55 **to 4.00** AM **Entertainment News**

HGTV
158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **Fantasy Homes by the Sea** On the Isle of Man.
4.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **Escape to the Country** People search for their ideal rural retreats.
9.00 **Home Town** A designer in love with mid-century design looks to buy her first home.
10.00 **Home Town** New edition Ben and Erin Napier help a couple with their DIY home renovation.
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**
+1 hour 258/262 391

TLC
133/134 139 165

7.00 AM **Extreme Couponing**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish: Mary**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Sister Wives**
9.00 **You, Me & My Ex** Alex and Caroline learn how hard parenthood can be on a relationship.
10.00 **Dr Pimple Popper** David has a suspicious growth under his eye.
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Couponing**
2.00 **Dr Pimple Popper**
3.00 **Sex Sent Me to the ER**
4.00 **Sister Wives**
5.00 **to 6.00** AM **Extreme Couponing**
+1 hour 233/234 365

Comedy Central
112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** 3&4/22. (S6)
10.00 **Last Man Standing** (S4)
11.00 **Everybody Loves Raymond** 9-12/22. (S1)
12.55 PM **Friends** (S8&9)
7.25 **Friends** 12/24. Gavin surprises Rachel. **7.55** 13/24. Ross tries to make Rachel jealous. **8.30** 14/24. Joey and Phoebe play Cupid for Rachel and Ross. (S9)
9.00 FILM **Private Benjamin** Comedy drama starring Goldie Hawn as a spoiled socialite who joins the army. (1980, 15, 110min) ★★★
11.10 **Whose Line Is It Anyway? USA**
12.10 AM **South Park** (S10)
2.10 **Beavis and Butt-Head**
3.05 **Lost Voice Guy: Cerebral LOLsy**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**
+1 hour 212/213 332

Comedy Cen. Extra
127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 3&4/14. (S5)
11.00 **Friends** 16-19/24. (S4)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Daria** 5&6/14. (S5)
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing** (S4)
7.00 **Everybody Loves Raymond** 9/22. Ray ignores his father's advice and loses all his money in a poker game. **7.30** 10/22. Debra tries to outdo Marie's culinary skills on Thanksgiving. **8.00** 11/22. The children feel neglected. **8.30** 12/22. A prized possession is revealed as a forgery. (S1)
9.00 **South Park** (S1&4)
12.00 M'T **Friends** (S8&5)
2.00 AM **Criminally Funny**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay
152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Border Security: Canada's Front Line**
11.00 **Nothing to Declare**
12.00 NOON **Warehouse 13**
2.00 PM **Highway Patrol**
3.00 **UK Border Force**
4.00 **Border Security: Canada's Front Line**
5.00 **Border Patrol**
6.00 **New Amsterdam** (S5)
7.00 **Send in the Dogs**
8.00 **UK Border Force**
9.00 **Brit Cops: Frontline Crime UK** Documentary.
10.00 **Stella** 5&6/11. (S3)
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own** With Sue Perkins.
2.00 **We're Here**
3.10 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Celebrity Four Weddings** Reality series.
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **Teen Mom: Young & Pregnant** Reality series.
7.10 **Teen Mom OG**
9.00 **Dallas Cowboys Cheerleaders**
11.00 **Catfish: The TV Show**
2.00 PM **Catfish: Worst Offenders** Reality series.
3.00 **Catfish: The TV Show**
7.00 **Teen Mom UK: My Mum & Me**
8.00 **Teen Mom UK: Next Generation** Whitney's plans are put on hold.
9.00 **Catfish: The TV Show**
10.00 **Caught in the Act: Unfaithful** Reality series.
11.00 **Billionaire Kids On Holiday** Reality series.
12.00 M'T **Ridiculousness** New edition Rob, Steelo and Carly feel the pain of a snagged skateboard.
12.30 AM **Ridiculousness**
1.00 **True Life Crime UK**
2.00 **Ink Master**
2.45 **True Love or True Lies?**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Alaska: The Last Frontier**
9.00 **Marooned with Ed Stafford**
11.00 **Kindig Customs** Double bill.
1.00 PM **Deadliest Catch**
3.00 **Gold Rush** The Beets family implode trying to get the Paradise Hill trommel running.
5.00 **Building Off the Grid** Jacob Hamby constructs miniature cabins all over the US.
6.00 **Border Control: Spain** Double bill following the Security and Customs Services at the borders of Spain.

9.00 Street Outlaws: Locals Only

7.00 **Wheeler Dealers** Mike Brewer and Marc 'Elvis' Priestley try to get their hands on a Triumph Dolomite Sprint.
8.00 **Scrap Kings** In Suffolk airplane parts are repurposed, while in Cambridgeshire a discount store is deconstructed.
9.00 **Street Outlaws: Locals Only** New edition Minnesota locals visit Brainerd Raceway to battle for $5,000.
10.00 **Wheeler Dealers World Tour** Mike and Elvis aim to build a tribute to Paddy Hopkirk's winning 1964 Mini Cooper.
11.00 **Border Control: Spain** New editions Double bill.
12.00 M'T **Moonshiners**
1.00 AM **Street Outlaws: Locals Only** As shown at 9.00pm.
2.00 **Wheeler Dealers World Tour**
3.00 **Street Outlaws**
4.00 **to 5.00** AM **Blowing Up History**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **The Aquarium**
10.00 **Tanked** A one-of-a-kind tank.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Double bill.
5.00 **Lone Star Law** Game Wardens get tough on the Gulf when an oysterman's catch doesn't add up.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff and his team work on a golden retriever that has suffered a broken leg.

6.00 Dr Jeff: Rocky Mountain...

7.00 **Animal Cribs** Antonio Ballatore transform the home of a couple who run a parrot sanctuary, which houses 23 birds.
8.00 **Alone in the Wild** *Dancing on Ice* judge Jason Gardiner attempts to survive on an island off the coast of Belize.
9.00 **Alaska: The Last Frontier** Atz Lee and Eivin travel 160 miles to hunt deer, while Eve helps Charlotte solve a bee problem.
10.00 **Alaskan Bush People** The Wolfpack brace for a wildfire, while Ami and Billy return with an important health update.
11.00 **Pit Bulls & Parolees** Tia heads out on a dangerous rescue.
12.00 M'T **Crikey! It's the Irwins** A giraffe birth causes great excitement at the zoo.
1.00 AM **Alone in the Wild**
2.00 **Animal Cribs** As 7.00pm.
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Mysterious Islands**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **UFOs: Investigating the Unknown** Double bill.
2.00 PM **Anne Frank: The Nazi Capture** Documentary.
3.00 **Nazi Death Camp: The Great Escape**
4.00 **Construction Fails**
5.00 **Car S.O.S** An Austin Healey.
6.00 **World War II: Secrets from Above** In 1942, German and Italian forces attack Egypt.

9.00 Hitler the Junkie

7.00 **Air Crash Investigation** Investigating why Air Florida Flight 90 plunged into Washington's Potomac River in January 1982.
8.00 **Secret Nazi Science** New edition How pesticide research created the poison gas used to kill millions in the Holocaust.
9.00 **Hitler the Junkie** The medications Adolf Hitler was taking and whether they played a role in his behaviour and actions.
10.00 **Hitler's Last Stand** In August 1944, an American artillery observer is a French town's only hope.
11.00 **Air Crash Investigation**
12.00 M'T **Seconds from Disaster**
1.00 AM **To Catch a Smuggler**
2.00 **Made in a Day** How Gibson Guitars make their instruments.
2.30 **Bid & Destroy** Double bill.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Dirty Old Cars**
7.00 **Pawn Stars Do America**
8.00 **American Pickers**
9.00 **Pawn Stars** A Superman doll.
10.00 **Storage Wars** Four editions.
12.00 NOON **The UnXplained with William Shatner**
1.00 PM **Dirty Old Cars**
2.00 **Mountain Men**
3.00 **Secrets in the Ice**
5.00 **What on Earth?** As 11.00pm.
6.00 **American Pickers** Mike crashes into the godfather of Italian scooters, while Robbie nearly drowns in a sea of smalls.

10.00 Hunting History

7.00 **Forged in Fire Armed Forces Tournament** The Marines step up to forge iconic combat knife – the KA-BAR.
8.00 **Britain's Most Historic Towns** Alice Roberts explores the Norman period of British history in Winchester.
9.00 **The Curse of Oak Island: Drilling Down** New edition Matty Blake gets the ultimate insider's scoop from the team.
10.00 **Hunting History with Steven Rinella** New edition Exploring the arid deserts of the Four Corners region.
11.00 **What on Earth?** The legends surrounding a mysterious monument in the Holy Land.
12.00 M'T **Strange Evidence**
1.00 AM **The UnXplained with William Shatner**
2.00 **The Curse of Oak Island: Drilling Down** As 9.00pm.
3.00 **Forged in Fire Armed Forces Tournament** As 7.00pm.
4.00 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash**
10.00 **WW2: Battles for Europe**
11.00 **Nazi Hunters** As 5.00pm.
12.00 NOON **Vintage Antiques Roadshow** As 6.00pm.
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **WW2: Battles for Europe**
5.00 **Nazi Hunters** Reinhard Heydrich's assassination.
6.00 **Antiques Roadshow** The team value more items at Hampton Court Castle.

8.00 Secret Nazi Bases

7.00 **Great American Railroad Journeys** Michael Portillo returns to explore more of the US rail network.
8.00 **Secret Nazi Bases** New edition In 1942, a mysterious technology is facilitating a deadly Blitz.
9.00 **Equator** Simon Reeve travels around the equator, beginning by visiting African countries including Gabon and Kenya.
10.00 **Bangers & Cash** Dave is on his way to Grimsby to pick up an iconic 1980s fast Ford, the Mk1 Fiesta XR2.
11.00 **Bangers & Cash** Derek brings a small army of military hardware to Thornton le Dale, including a Willys Jeep.
12.00 M'T **Abandoned Engineering** An abandoned elaborate underground complex in Italy.
1.00 **to 3.00** AM **Find It, Fix It, Flog It**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Chasing Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop** The team take on a leather rhinoceros.
8.00 **The Yorkshire Auction House** Double bill.
10.00 **Celebrity Yorkshire Auction House** Angus Ashworth finds quirky mementoes in Helen Skelton's home and explores Nick Hancock's barn conversion.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes... UK**
8.00 **Say Yes to the Dress**
10.30 **Say Yes to the Dress: Atlanta** Reality series.
11.00 **Say Yes to the Dress**
12.00 NOON **Betrayed**
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **10 Steps to Murder**
4.00 **American Monster**
6.00 **People Magazine Investigates**
7.00 **Judge Rinder's Crime Stories** Real-life cases.
8.00 **Murder on CCTV**
9.00 **American Monster: Abuse of Power** New edition True crime.
10.00 **The Killer in My Family**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Cindy Borton.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Forensic Factor** Crime fighters map the psychological and physical terrain of multiple murderers.
8.00 **Britain's Countryside Killers** Sian O'Callaghan vanishes from a Swindon nightclub.
9.00 **Murder Book** The disappearance of newlyweds led to a devastating discovery in November 1987.
10.00 **The Killer You Know** New edition Despite trying to work things out in a healthy way, three people turn to murder to sort out their problems.
11.00 **Murder by the Sea**
1.00 AM **Murder Book**
2.00 **The Killer You Know**
3.00 **Britain's Countryside Killers** As 8.00pm.
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Close Calls: On Camera** Four editions.
11.00 **Medical Detectives**
2.00 PM **Close Calls: On Camera** Four editions.
4.00 **Medical Detectives** This edition investigates the shooting of 15-year-old Trey Cooley.
4.30 CCTV footage of a missing woman.
5.00 The discovery of Legionnaire's Disease.
5.30 Investigators solve a murder with the help of a squashed tomato.
6.00 Investigators study a family in South Dakota whose son, a vegetarian, is the only family member who hasn't become sick.
6.30 Examining the murder of a rock singer 10 years previously.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highlights**
8.00 **The Force: Manchester**
9.00 **Highway Patrol**
10.00 **Road Wars**
11.00 **The Real Manhunter**
12.00 NOON **Murdered at First Sight** Celine Figard.
1.00 PM **Britain's Most Evil...**
2.00 **The Killer Within**
3.00 **Catching the Killer**
4.00 **World's Most Evil Killers**
5.00 **The Real Manhunter**
6.00 **The Killer Within**
7.00 **Catching the Killer**
8.00 **World's Most Evil Killers**
9.00 **Murder on the Doorstep: The Killer Clown** Series finale
■ Full series on Box Sets
10.00 **How I Caught the Killer**
11.00 **Britain's Most Evil Killers**
12.00 M'T **The Real Manhunter**
1.00 AM **Killer in My Village**
2.00 **An Unexpected Killer**
3.00 **Snapped** Documentary.
4.00 **Road Wars**
5.00 **to 6.00** AM **Highlights**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.35 **Broken Arrows, the Lost Bombs of the Cold War**
9.40 **Plunderer: The Life and Times of a Nazi Art Thief** Bruno Lohse.
10.50 **The 100 Days That Defined Modern History**
11.55 **The Dictator's Playbook**
1.00 PM **Grand Tours of the Scottish Islands**
1.40 **Broken Arrows, the Lost Bombs of the Cold War**
2.50 **Plunderer: The Life...**
4.00 **The 100 Days That...**
5.05 **The Dictator's Playbook**
6.15 **Broken Arrows, the Lost Bombs of the Cold War**
7.20 **NEW SERIES Plunderer: The Life and Times of a Nazi Art Thief**
8.35 **The 100 Days That Defined Modern History**
9.40 **The Dictator's Playbook**
10.50 **Plunderer: The Life...**
12.00 M'T **The 100 Days...**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

WEDNESDAY

Wednesday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The Movies**
7.00 **Discovering: Robert De Niro**
8.00 **The Directors**
8.55 **The Vow**
10.00 **Stax: Soulsville USA**
11.00 **Anatomy of Lies**
12.00 NOON **Adrienne**
2.00 PM **Queen of Speed**
4.00 **Discovering: Robert De Niro**
5.00 **The Directors**
5.55 **The Vow**
7.00 **Stax: Soulsville USA** 3/4. A look at the success of Isaac Hayes' *Shaft* soundtrack.
8.00 **Anatomy of Lies** 3/3. Jennifer Beyer begins a quest to reveal the explosive truth about Elisabeth R Finch.
9.00 **Super/Man: The Christopher Reeve Story** Profile of the actor.
11.00 **David Holmes: The Boy Who Lived** A stunt double who was paralysed in an on-set accident.
12.50 AM **Pantani: The Accidental Death of a Cyclist**
2.50 **My Icon: Kadeen Corbin**
3.00 **The Ibiza Affair: Uncovered**
5.00 **to 6.00** AM **Discovering: Robert De Niro**

Sky Nature

124/125 113/114 189 354 369

6.00 AM **Kenya Wildlife Diaries**
7.00 **Monkey Life**
8.00 **Wildlife ER**
9.00 **Super Shark Highway**
10.00 **Secret Life of the Kangaroo**
11.00 **New Kids in the Wild**
12.00 NOON **Big Cat Country**
1.00 PM **Monkey Life**
2.00 **Wildlife ER**
3.00 **Super Shark Highway**
4.00 **Secret Life of the Kangaroo**
5.00 **Wild Tales from the Farm**
6.00 **Hope for Wildlife: The Next Generation** New edition A pair of fox cubs are quarantined.
7.00 **Monkey Life** Double bill.
8.00 **Great Barrier Reef with David Attenborough**
9.00 **The Wild Wild East**
10.00 **Hope for Wildlife: The Next...**
11.00 **Wild Tales from the Farm**
12.00 M'T **New Kids in the Wild**
1.00 AM **Wildlife Icons**
2.00 **Great Barrier Reef with...**
3.00 **The Wild Wild East**
4.00 **Wildlife ER**
5.00 **to 6.00** AM **Super Shark Highway**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Deadman's Curse**
9.00 **Weird Britain**
10.00 **River Hunters**
11.00 **Ancient Aliens**
1.00 PM **Deadman's Curse**
2.00 **Weird Britain**
3.00 **History's Greatest Aircraft**
4.00 **Ross Kemp: Deep Sea Treasure Hunter**
5.00 **UFO Hunters**
6.00 **Dirty Old Cars**
7.00 **What on Earth?** A World War Two aerial photograph triggers a hunt for the lost city of Gath.
8.00 **The UnXplained with William Shatner** New factors coming to light about the Vikings. **9.00** The actor looks at bizarre tales involving US presidents.
10.00 **Royal Autopsy** The life and death of Queen Anne.
11.00 **Alien Files: Unsealed**
12.00 M'T **Ancient Aliens**
2.00 AM **Mayhem! The Secret Lives of the Georgian Kings**
3.00 **History's Greatest Aircraft**
4.00 **Mission Unexplained**
5.00 **to 6.00** AM **UFO Hunters**

Crime+Investigation

156 142 133

6.00 AM **Cold Case Files**
7.00 **Homicide Hunter**
8.00 **Interrogation Raw**
9.00 **Murdertown**
10.00 **Spring Break Murders**
11.00 **Somebody's Hiding Something**
12.00 NOON **Criminal Confessions**
1.00 PM **Murder By Medic**
2.00 **Killer Britain**
3.00 **Murdertown**
4.00 **Cops Who Kill**
5.00 **When Missing Turns to Murder**
6.00 **Cold Case Files**
7.00 **The First 48 Presents: Critical Minutes**
8.00 **Murder By Medic** New edition
9.00 **Accused: Did I Do It?** New edition Documentary.
10.00 **Secrets of the Bunny Ranch** New edition Documentary.
11.00 **Secrets of Polygamy**
12.00 M'T **Murder By Medic**
1.00 AM **Accused: Did I Do It?**
2.00 **Secrets of the Bunny Ranch**
3.00 **Criminal Confessions**
4.00 **Killer Britain**
5.00 **to 6.00** AM **Spring Break...**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Critter Fixers: Country Vets**
9.00 **Monster Fish**
10.00 **Savage Kingdom**
11.00 **Out There with Jack Randall**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Sharks Up Close with Bertie Gregory** Documentary.
3.00 **Birth of Europe**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Critter Fixers: Country Vets**
8.00 **Man Vs Octopus**
9.00 **Underdogs** Series finale How underdogs use gross-out tactics to win in the game of life.
9.45 **Alaska: The Next Generation** The Alaskans use land and sea to hunt and gather resources.
10.45 **Ice Road Rescue**
11.45 **When Sharks Attack**
12.45 AM **Monster Fish**
1.45 **The Incredible Dr Pol**
2.40 **Secrets of the Zoo: Tampa**
3.35 **Secrets of the Zoo: Keeper Tales** Documentary.
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Greatest Events of World War II** As shown at 8.00pm.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Greatest Events of World War II** Restored footage of Japan's attack on Pearl Harbor.
9.00 **Unexplained and Unexplored** Justin Fornal and Emiliano Ruprah investigate a fabled lost mine in the mountains of Arizona, said to contain over $200million in gold.
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Forensic Detectives**
1.00 AM **Blowing Up History**
2.00 **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **The Dick Emery Show**
10.50 **Secret Army**
1.15 PM **Pickwick Papers**
2.30 **The Dick Emery Show**
4.20 **Secret Army**
6.40 **Pickwick Papers** 2/12. A case of mistaken identity leads to Mr Winkle being challenged to a duel by Dr Slammer. **7.20** 3/12. Mr Pickwick and his friends attend a cricket match at Dingly Dell. (S1)
8.00 **The Dick Emery Show** Triple bill featuring comic sketches.
9.40 **Secret Army** *Collaborator:* 10/13. Albert is released, only to be confronted by his old communist enemies, who view him as a collaborator. (S3)
10.55 **Louis Theroux: Law & Disorder in Lagos** The journalist meets the gangs that run the Nigerian city's streets.
11.55 **Secret Army**
1.05 AM **The Dick Emery Show**
2.55 **Secret Army**
4.50 **to 6.00** AM **The Dick Emery Show**

+1 hour 266 376

ID

154 141 166

8.00 AM **Married with Secrets**
9.00 **Evil Stepmothers**
11.00 **The Killer Beside Me**
1.00 PM **American Monster**
3.00 **Deadline: Crime with Tamron Hall** Double bill of editions.
5.00 **Someone You Thought You Knew** Double bill of editions.
7.00 **On the Case with Paula Zahn** A romantic date at a high school Valentine's dance turns into a night of terror. **8.00** An unidentified woman is found murdered in an off-campus apartment.
9.00 **Road Rage** An aggressive driver uses an unusual weapon on her victim. **9.30** An off-duty police officer pulls a gun on another motorist.
10.00 **Exposed: Naked Crimes**
11.00 **American Monster**
12.00 M'T **Pandora's Box: Unleashing Evil** Double bill.
2.00 AM **Someone You Thought You Knew** Double bill.
4.00 **to 6.00** AM **On the Case with Paula Zahn**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Extreme RVs**
7.00 **Kindig Customs**
8.00 **Motor Pickers**
9.00 **Texas Metal**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Outback Car Hunters**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Texas Metal**
4.00 **Custom Carolina**
5.00 **Motor Pickers**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Custom Carolina** A client brings Tommy his 1973 Chevy Vega for a nostalgic restoration.
9.00 **Car Fix** Double bill of editions.
10.00 **Texas Metal** Bill takes on a fully customised 1937 Ford Coupe.
11.00 **Shed and Buried**
12.00 M'T **Custom Carolina**
1.00 AM **Outback Car Hunters**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **Sky Cinema Preview**
7.00 **The Luckiest Man in America** Drama. (2024, 15) ★★★★
8.50 **I Don't Understand You** Horror comedy. (2025, 15) ★★★
10.40 **William Tell** As 8.00pm.
1.00 PM **Sharp Corner** As 4.30am.
3.00 **Joker: Folie à Deux** Musical thriller with Joaquin Phoenix. (2024, 15, 138min) ★★★★
5.20 **Gladiator II** Historical drama sequel starring Paul Mescal. (2024, 15, 148min) ★★★

5.20 Gladiator II

8.00 William Tell Historical drama starring Claes Bang. During the 14th century, William Tell defends his family and homeland of Switzerland after the Austrian King invades. With Connor Swindells, Ben Kingsley and Jonathan Pryce. (2025, 15, 133min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 Strange Darling Thriller starring Willa Fitzgerald and Kyle Gallner. A twisted one-night stand devolves into a serial killer's vicious killing spree and a cat-and-mouse chase. (2023, 18, 97min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Salem's Lot** Horror thriller starring Lewis Pullman. (2024, 15, 109min) ★★★
2.00 AM **Anora** Comedy drama. (2024, 18, 139min) ★★★★★
4.30 **to 6.30** AM **Sharp Corner** Thriller starring Ben Foster. (2024, 15, 110min) ★★★★

Sky Cinema Epic Worlds

303 303 403 503 517

6.45 AM **The Cinema List: Jurassic**
7.05 **Zombie Town** As 4.15am.
8.45 **The Legend of Zorro** (2005)
11.05 **A.I. Artificial Intelligence** Steven Spielberg's sci-fi fantasy. (2001, 12, 145min) ★★★★
1.35 PM **Stargate** Sci-fi adventure. (1994, PG, 125min) ★★★★
3.50 **Jumanji** Fantasy adventure. (1995, PG, 104min) ★★★★
5.50 **Indiana Jones and the Temple of Doom** Adventure. (1984, PG, 118min) ★★★

5.50 ...the Temple of Doom

8.00 Indiana Jones and the Last Crusade Steven Spielberg's action adventure starring Harrison Ford and Sean Connery. Indiana Jones and his father tangle with Nazis searching for the Holy Grail. (1989, PG, 127min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 The Legend of Zorro Swashbuckling action adventure sequel starring Antonio Banderas and Catherine Zeta-Jones. (2005, PG, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Godzilla x Kong: The New Empire** Fantasy adventure starring Rebecca Hall. (2023, 12, 115min) ★★★
2.20 **Peter Pan** Fantasy adventure starring Jeremy Sumpter. (2003, PG, 113min) ★★★★
4.15 **to 6.00** AM **Zombie Town** Horror comedy starring Dan Aykroyd. (2023, 12, 92min) ★★

Sky Cinema Drama

310 310 410 510 524

7.10 AM **Ben-Hur** As 8.00pm.
10.50 **Dear John** Romantic drama. (2010, 12, 108min) ★★
12.40 PM **P.S. I Love You** Romantic comedy drama starring Hilary Swank. (2007, 12, 121min) ★★★
2.50 **Monsoon** As shown at 11.40pm.
4.20 **Spotlight** Fact-based drama. (2015, 15, 129min) ★★★★★
6.30 **Sundown** Drama starring Tim Roth. (2021, 15, 82min) ★★★★

8.00 Ben-Hur Spectacular multi-Oscar-winning epic starring Charlton Heston. In 1st-century Palestine, a Jewish prince and a Roman tribune become mortal enemies. (1959, PG, 212min) ★★★★★
11.40 **Monsoon** Drama starring Henry Golding. A man returns to his home country of Vietnam for the first time in more than 30 years, searching for a place to scatter his parents' ashes. (2019, 12, 85min) ★★★★

1.10 AM **Hardball** Sports drama. (2001, 12, 106min) ★★
3.05 **Book of Love** Romantic comedy. (2022, 12, 106min) ★★★
4.55 **Sky Cinema Preview**
5.35 **to 7.25** AM **Love Story** Romantic melodrama. (1970, PG, 100min) ★★★★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

7.20 AM **Friendship's Death** Sci-fi drama. (1987, 15, 78min) ★★★
8.45 **Five Nights at Freddy's** Horror thriller. (2023, 15, 109min) ★★
10.35 **The Meg** Action thriller. (2018, 12, 113min) ★★★
12.30 PM **Stargate** Sci-fi adventure. (1994, PG, 125min) ★★★★
2.40 **The Ring Two** Horror chiller sequel starring Naomi Watts. (2004, 15, 110min) ★★★

4.30 **The Ring** Chiller remake. (2002, 15, 115min) ★★★
6.30 **Ouija** Horror starring Olivia Cooke. (2014, 15, 87min) ★★
8.00 **Ouija: Origin of Evil** Horror prequel starring Elizabeth Reaser. (2016, 15, 99min) ★★★
9.45 **28 Days Later...** Danny Boyle's horror thriller starring Cillian Murphy and Christopher Eccleston. A small group of people struggle to survive when a deadly virus devastates the UK. (2002, 18, 113min) ★★★★

11.45 **Men in Black** Sci-fi comedy. (1997, PG, 94min) ★★★★
1.25 AM **If You Were the Last** Sci-fi romantic comedy. (2023, 15, 92min) ★★★★
3.05 **There's Something in the Barn** Horror comedy. (2023, 15) ★★
4.55 **to 6.40** AM **Ouija: Origin of Evil**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.00 AM **Friend or Foe** As 12.55am.
7.20 **Spy Kids 2: Island of Lost Dreams** (2002, U) ★★★★
9.10 **The Karate Kid: Part III** Adventure. (1989, PG) ★
11.10 **Daddy Day Camp** (2007) ★★
12.45 PM **Paul Blart: Mall Cop 2** Comedy sequel. (2015, PG) ★★
2.30 **Spy Kids 3: Game Over** Action comedy. (2003, U) ★★★
4.00 **The Spiderwick Chronicles** Fantasy. (2008, PG) ★★★★
5.45 **The Karate Kid** (2010) ★★★

5.45 The Karate Kid

8.10 **Stuart Little** Fantasy adventure featuring the voice of Michael J Fox. A New York family decide to adopt a talking mouse as a brother for their nine-year-old son. (1999, U, 84min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Stuart Little 2** Fantasy adventure sequel featuring the voices of Michael J Fox and Melanie Griffith. Romance enters the life of talking mouse Stuart Little when he rescues an injured bird from a predatory falcon. (2002, U, 78min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **Reuniting the Rubins** Comedy drama. (2010, PG, 98min) ★
12.55 AM **Friend or Foe** Drama. (1981, U, 70min) ★★★
2.15 **Ride On** Action drama. (2023, PG, 126min) ★★★
4.25 **to 6.10** AM **My Penguin Friend** Family drama. (2024, PG, 105min) ★★★★

Sky Cinema Action

307 307 407 507 521

6.20 AM **Pompeii** As 12.25am.
8.10 **Shane** Classic Western. (1953, PG, 118min) ★★★★★
10.15 **Fury** World War Two drama. (2014, 15, 134min) ★★★
12.45 PM **Superman Returns** Fantasy. (2006, 12) ★★★
3.25 **Ghost Rider: Spirit of Vengeance** Adventure sequel. (2012, 12, 91min) ★★
5.05 **Saving Private Ryan** Steven Spielberg's war drama. (1998, 15, 169min) ★★★★★

8.00 Wonder Woman

8.00 **Wonder Woman** Fantasy adventure starring Gal Gadot and Chris Pine. An Amazon princess leaves her isolated island during World War One, aiming to bring the conflict to an end. With Connie Nielsen, Robin Wright, Danny Huston and David Thewlis. (2017, 12, 121min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 **Bad Boys** Action comedy thriller starring Martin Lawrence and Will Smith. A bachelor cop and his married partner have to switch identities in their pursuit of heroin thieves. (1995, 15, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Pompeii** Disaster movie. (2014, 12, 104min) ★★
2.15 **Hellboy** Comic-book horror. (2004, 12, 122min) ★★★★
4.30 **to 6.25** AM **Once Upon a Time in China III** Hong Kong action drama sequel. Subtitled. (1993, PG, 111min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.40 AM **Sweethearts** As 3.40am.
9.25 **You, Me and Dupree** Comedy. (2006, 12, 109min) ★★★
11.20 **The Naked Gun 2½: The Smell of Fear** (1991, 15) ★★★
12.55 PM **The Book of Clarence** Comedy. (2023, 15) ★★★
3.10 **Ace Ventura: When Nature Calls** (1995, PG) ★★★
4.55 **Ace Ventura Pet Detective** Comedy. (1993, 12) ★★★★
6.30 **The Naked Gun 33⅓: The Final Insult** (1994, 12) ★★★

8.00 Miss Congeniality

8.00 **Miss Congeniality** Comedy starring Sandra Bullock as a tomboyish FBI agent who receives a radical make-over in order to go undercover at a beauty contest. With Michael Caine and Benjamin Bratt. (2000, 12, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Miss Congeniality 2: Armed and Fabulous** Comedy sequel starring Sandra Bullock, Enrique Murciano and Regina King. (2005, 12, 113min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **48 Hrs** Action comedy starring Nick Nolte, Eddie Murphy and Annette O'Toole. (1982, 15, 97min) ★★★★★
1.45 **Coming 2 America** Comedy. (2021, 12, 108min) ★★★
3.40 **Sweethearts** Comedy. (2024, 15, 94min) ★★★
5.25 **to 7.15** AM **Chalet Girl** Romantic comedy with Felicity Jones. (2011, 12, 97min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.05 AM **Along Came a Spider**
8.00 **Dangerous Waters** (2023)
9.50 **Naked Singularity** (2021)
11.45 **Inferno** Thriller starring Tom Hanks. (2016, 12, 121min) ★★★
2.00 PM **Ruthless** Action thriller. (2023, 15, 92min) ★★★
3.45 **Dirty Harry** Crime thriller. (1971, 15, 103min) ★★★★★
5.40 **The Perfect Storm** Fact-based action drama starring George Clooney. (2000, 12, 129min) ★★★★

5.40 The Perfect Storm

8.00 **The Italian Job** Classic crime caper starring Michael Caine and Noël Coward. An ex-con masterminds a massive bullion robbery in Turin. With Benny Hill. (1969, PG, 100min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Along Came a Spider** Crime thriller starring Morgan Freeman and Monica Potter. A forensic psychologist is called in to solve a kidnapping case. (2001, 15, 103min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Naked Singularity** Crime comedy starring John Boyega. (2021, 15, 93min) ★★★
1.30 AM **Dangerous Waters** Thriller starring Odeya Rush. (2023, 15, 101min) ★★★
3.20 **Head Count** Crime thriller starring Aaron Jakubenko. (2023, 15, 77min) ★★★
4.55 **Sky Cinema Preview**
5.35 **to 7.15** AM **Parallel** Fantasy. (2024, 15, 88min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Ten Tall Men** Adventure. (1951, U, 97min) ★★★
12.55 PM **The Moonraker** Adventure. (1957, U, 82min) ★★★
2.35 **13 Rue Madeleine** Spy thriller. (1946, b/w, U, 95min) ★★★
4.25 **Napoleon Dynamite** Comedy. (2004, PG, 95min) ★★★★
6.15 **The Karate Kid** Martial arts family adventure starring Jaden Smith and Jackie Chan. (2010, PG, 140min) ★★★

9.00 Plane

The Karate Kid (film started at 6.15pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Plane** Action thriller starring Gerard Butler and Mike Colter. A pilot is forced to ally with a murder suspect when their plane goes down in hostile land. (2023, 15, 107min) ★★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11.10 **Friends with Benefits** Romantic comedy starring Justin Timberlake and Mila Kunis. Two commitment-shy New Yorkers decide to have a sexual relationship with no strings attached. (2011, 15, 105min) ★★★ **11 PM**
1.20 **to 3.25** AM **Blue Juice** Comedy drama starring Sean Pertwee. (1995, 15, 96min) ★★

+1hour 314 430 47 301 257

Sky Cinema 2025 Recap

302 302 402 502 516

6.00 AM **A Place Called Silence**
8.05 **Mob Cops** As 3.05am.
9.35 **Horizon: An American Saga...**
12.40 PM **The Wasp** Thriller. (2024, 15, 96min) ★★★★
2.25 **The Killer** Crime thriller. (2024, 15, 125min) ★★★★
4.35 **Old Guy** Action comedy. (2024, 15, 94min) ★★★
6.15 **Fight or Flight** Action thriller. (2025, 15, 98min) ★★★

8.00 **A Different Man** Thriller starring Sebastian Stan and Adam Pearson. After facial reconstructive surgery, an aspiring actor fixates on a stage production based on his past. (2024, 15, 112min) ★★★★
10.00 **The Bikeriders** Crime drama starring Tom Hardy, Jodie Comer and Austin Butler. Over a decade, a motorcycle club evolves from a gathering of local outsiders to a sinister gang. (2023, 15, 116min) ★★★★

12.00 M'T **Horizon: An American Saga – Chapter 1** Western. (2024, 15, 181min) ★★★★
3.05 AM **Mob Cops** Crime drama. (2024, 15, 87min) ★
4.40 **to 6.45** AM **A Place Called Silence** Chinese thriller. Subtitled. (2024, 15, 119min) ★★★

Sky Cinema Greats

304 304 404 504 518

6.05 AM **Oh! What a Lovely War**
8.30 **Gorillas in the Mist** Fact-based drama with Sigourney Weaver. (1988, 12, 124min) ★★★★
10.40 **Ghost** Romantic fantasy thriller. (1990, 12, 127min) ★★★★
12.50 PM **The Great Gatsby** F Scott Fitzgerald's melancholy tale. (1974, 12, 146min) ★★★
3.15 **The Sons of Katie Elder** Western. (1965, U, 122min) ★★★

5.20 **The Bridge on the River Kwai** David Lean's World War Two drama starring Alec Guinness. (1957, PG, 161min) ★★★★★
8.00 **True Grit** Vintage Western starring John Wayne. The daughter of a murdered man enlists an over-the-hill marshal to help track down the killer. (1969, PG, 128min) ★★★★★
10.10 **Two Mules for Sister Sara** Comedy Western starring Clint Eastwood and Shirley MacLaine. (1969, 15, 114min) ★★★

12.05 AM **Five Easy Pieces** Drama. (1970, 15, 98min) ★★★★★
1.45 **Oh! What a Lovely War** Satirical anti-war musical. (1969, PG, 144min) ★★★★
4.20 **Sky Cinema Preview**
5.20 **to 7.30** AM **The Sons of Katie Elder** As shown at 3.15pm.

Sky Cinema Animation

305 305 412 500 514

6.20 AM **Under the Boardwalk**
7.55 **Kung Fu Panda 3** Animation. (2016, PG, 95min) ★★★★
9.35 **The Wild Robot** Animation. (2024, U, 102min) ★★★★
11.20 **Sneaks** As shown at 8.55pm.
1.00 PM **Dr Seuss' The Lorax** Animation. (2012, U) ★★★
2.30 **The Night Before Christmas in Wonderland** Animation. (2024, U, 80min) ★★★★

4.00 **Kung Fu Panda 4** Animated sequel. (2023, PG, 94min) ★★★
5.40 **Madagascar: Escape 2 Africa** Animated comedy sequel. (2008, PG, 89min) ★★★
7.15 **Monsters vs Aliens** Animation. (2009, PG, 90min) ★★★
8.55 **Sneaks** Animated comedy. (2025, PG, 92min) ★★
10.35 **Batman Unlimited: Monster Mayhem** Animated adventure. (2015, PG, 76min) ★★★
12.05 AM **Under the Boardwalk** Animation. (2023, PG) ★★★

1.40 **The Road to El Dorado** Animated comedy adventure. (2000, U, 89min) ★★★
3.15 **Tom and Jerry Cowboy Up!** Animation. (2021, U) ★★★
4.40 **to 6.15** AM **The Canterville Ghost** Animated adventure. (2023, PG, 89min) ★★

Movies 24

312 313 419

7.00 AM **Haul Out the Holly** Festive comedy. (2022, PG, 90min) ★★
9.00 **The Great Christmas Switch** Comedy. (2021, PG, 84min) ★★
11.00 **Merry Exmas** Family drama. (2014, PG, 90min) ★★
1.00 PM **An Unforgettable Christmas** Romantic drama. (2023, PG, 90min) ★★
3.00 **Joyeux Noel** Romantic drama. (2023, PG, 90min) ★★

5.00 **Letters to Santa** Festive fantasy. (2023, PG, 84min) ★★
7.00 **A Perfect Christmas Carol** Drama starring Stephanie Bennett. A Christmas-hating pastry chef agrees to spend the holidays with her boyfriend's family. (2023, PG, 90min) ★★
9.00 **Navigating Christmas** Romantic drama with Chelsea Hobbs and Stephen Huszar. (2023, PG, 84min) ★★
11.00 **A Christmas Contest** Romantic comedy. (2021, PG, 88min) ★★

1.00 AM **Twas the Night Before Christmas** Festive drama. (2022, PG, 84min) ★★
3.00 **to 5.00** AM **A Magical Christmas Village** Festive fantasy. (2022, PG, 84min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Stagecoach West** (S1)
7.05 **The Great Van Robbery** Drama. (1958, PG, 80min) ★★★
8.25 **Noose** Crime melodrama. (1948, b/w, PG, 98min) ★★
10.15 **Look at Life**
10.25 **Beach Red** World War Two drama. (1967, 12, 108min) ★★
12.15 PM **The Runaway Bus** Comedy. (1954, b/w, U, 78min) ★★★
1.45 **What's On TPTV with Noel**

1.55 **The Brothers** 4/13. (S5)
3.00 **Bandido!** Action adventure starring Robert Mitchum. (1956, PG, 92min) ★★
4.45 **Man on the Run** Thriller with Derek Farr and Joan Hopkins. (1949, b/w, PG, 82min) ★★★
6.25 **Strange But True**
7.00 **Danger UXB** 3/13. (S1)
8.05 **Van der Valk** 1/6. First episode of the Amsterdam-set police drama starring Barry Foster. (S1)
9.05 **Maigret** 2/4. (S12)
10.55 **Sex (Re)education** 5/10. (S1)

11.25 **Mon Oncle** Comedy directed by and starring Jacques Tati. (1958, U, 116min) ★★★★
1.40 AM **The Light at the Edge of the World** Maritime adventure. (1971, PG, 119min) ★★★
4.10 **to 6.00** AM **Home Sweet Home** Musical. (1945, b/w, PG) ★★

WEDNESDAY Sport 9 July

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **LIVE British and Irish Lions Tour Brumbies v British & Irish Lions.** Coverage of the warm-up match at GIO Stadium, Canberra. Brumbies were Super Rugby semi-finalists and are likely to provide a stern test for Andy Farrell's men. Kick-off **11.00am**.
1.45 PM **Lunchtime Live** The sports stories making the headlines.
2.00 **Sports Desk**
5.00 **Sports Centre**
6.00 **LIVE Women's International T20 Cricket England v India.** Coverage of the fourth T20 in the five-match series from Emirates Old Trafford, Manchester. These two teams last met in a T20 series at the end of 2023 when England won the three-match series 2-1. England won the first games by 38 runs and four wickets, before India picked up a consolation victory with a five-wicket win in the final match.
10.00 **Sky Sports News**
10.30 **Back Pages Tonight**
11.00 PM **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
10.00 **Premier League Years**
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **PL Retro** Chelsea v Tottenham from 2015/16.
3.00 **Premier League 100 Club**
4.00 **Premier League Icons**
5.00 **Premier League Highlights** Fulham v Ipswich Town.
5.30 Fulham v Liverpool.
6.00 Fulham v Southampton.
6.30 Ipswich Town v Arsenal.
7.00 **Premier League Stories**
7.30 **Premier League Highlights** Leicester v Manchester City.
8.00 **Gary Neville's Soccerbox**
8.30 **Premier League Stories**
9.00 **Newcastle – The Entertainers**
9.30 **My Origin Story** Moises Caicedo.
9.45 **Sticker Book** Kevin De Bruyne.
10.00 **Class of '92: Full Time**
11.00 **Premier League Stories**
11.30 **Premier League Icons**
12.00 M'T **Premier League Legends**
1.00 AM **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **Premier League 100 Club**
5.30 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Cup** The 2012 final.
8.45 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **EFL Rivalries** Archive action.
12.00 NOON **EFL Cup Retro** Chelsea v Manchester City in the 2019 final.
2.45 PM **EFL Greatest Games**
4.00 **Best Moments from the Championship Play-Off Final**
4.30 **Best Moments from the League 1 & 2 Play-Off Final**
5.00 **Best Goals: EFL Cup 24/25**
5.30 **EFL Trophy** Birmingham City v Peterborough United in the final.
6.00 **EFL Cup Retro** Aston Villa v Manchester City in the 2020 final.
8.00 **Celtic's Invincibles**
9.00 **EFL Greatest Games** Huddersfield Town v Leeds United from the 2016/17 season.
9.15 Sheffield Wednesday v Newcastle United from 2016/17.
9.30 Fulham v Aston Villa.
9.45 Nottingham Forest v Ipswich Town in the 2016/17 season.
10.00 **EFL Cup Highlights**
11.00 **SPFL** Archive highlights.
12.00 M'T **Championship Retro**
2.00 AM **EFL Greatest Games**
4.00 **EFL Cup** Man City v Tottenham.
5.00 **Best Goals: EFL Cup 2020/21**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

404 404 514 504 422 442

6.00 AM **Women's International T20 Cricket** England v India.
9.30 **Best of ICC WT20**
10.00 **The Film Room: England v India** From Lord's in 2002.
10.30 **Best of England v India**
11.30 **Best of ICC WT20**
12.00 NOON **Best of England v India**
1.00 PM **The Film Room: England v India** From Lord's in 2002.
1.30 **Ashes Greats** Player profiles.
2.00 **Women's International T20 Cricket** England v India.
5.30 **Best of ICC WT20**
6.00 **LIVE Women's International T20 Cricket England v India.** Coverage of the fourth T20 in the five-match series from Emirates Old Trafford in Manchester.
10.00 **Ashes Greats** Player profiles.
10.30 **The Film Room: England v India** From Lord's in 2002.
11.00 **Best of England v India** Action from the sole T20 in the 2014 series staged at Edgbaston.
11.30 **Best of ICC WT20**
12.00 M'T **Women's International T20 Cricket** England v India.
4.00 AM **Ashes Greats**
4.30 **to 6.00** AM **Best of England v India**

Sky Sports Golf

405 405 515 505 423 443

6.00 AM **LPGA Tour Golf**
7.00 **Ladies European Tour Golf**
8.00 **LPGA Tour Golf** Highlights.
9.00 **US Women's Open Golf**
10.00 **Women's PGA Championship**
11.00 **LPGA Tour Golf**
12.00 NOON **Ladies European Tour Golf** The Women's Irish Open.
1.00 PM **LPGA Tour Golf**
2.00 **US Women's Open Golf**
3.00 **Women's PGA Championship**
4.00 **Ladies European Tour Golf**
5.00 **LPGA Tour Golf** From 2024.
6.00 **Asian Tour Golf** Action from the International Series in Morocco.
7.00 **PGA Tour: The Cut**
7.30 **HotelPlanner Tour Golf**
8.00 **PGA Tour Golf** Highlights.
9.00 **DP World Tour Golf**
9.30 **HotelPlanner Tour Golf**
10.00 **Asian Tour Golf** In Morocco.
11.00 **Ladies European Tour Golf**
12.00 M'T **DP World Tour Golf**
12.30 AM **PGA Tour: The Cut**
1.00 **LPGA Tour Golf** Highlights.
2.00 **to 6.00** AM **DP World Tour Golf**

Sky Sports Tennis

407 407 537 520 425 445

6.00 AM **US Open Classic Matches**
7.00 **Tennis** The 2024 US Open.
11.45 **US Open Classic Matches**
12.00 NOON **WTA Tennis**
1.00 PM **US Open Classic Matches**
3.00 **ATP Tennis** A recent final.
4.00 **WTA Tennis** Prague Open final.
5.00 **ATP Tour This Week**
5.30 **Tennis** The 2024 US Open.
7.30 **ATP Tour This Week**
8.00 **Tennis** The 2024 US Open.
10.45 **US Open Classic Matches**
11.00 **ATP Tennis** The 2024 Austrian Open Kitzbühel final.
12.00 M'T **WTA Tennis** Prague Open.
1.00 AM **US Open Classic Matches**
3.00 **Tennis** The 2024 US Open.
5.00 **to 6.00** AM **US Open Tennis Classic Matches**

TNT Sports 1

410 413 521 408 430

6.00 AM **UEFA Champions League**
6.30 **Cycling: Tour de France**
7.30 **European Rally Championship**
8.00 **Wimbledon** The ninth day.
9.30 **In My Blood** With Cole Palmer.
9.45 **The Gruppetto** Cycling action.
10.00 **Cycling: Women's Giro d'Italia**
11.00 **Cycling: Tour de France**
12.00 NOON **LIVE Cycling: Tour de France** Coverage of the fifth staged of the men's race, a 33km route around Caen.
5.15 PM **The Gruppetto**
5.30 **Golden Trail World Series**
6.00 **TNT Sports Reload**
6.30 **European Rally Championship**
7.00 **MLB** Baseball action.
8.30 **LIVE MLB San Francisco Giants v Philadelphia Phillies.** The National League match from Oracle Park. Start-time **8.45pm**.
11.45 **British Superbikes Rewind**
12.00 M'T **LIVE MLB Baltimore Orioles v New York Mets.** The inter-league match from Camden Yards. Start-time **12.05am**.
3.15 AM **UFC Connected**
3.45 **TNT Sports Reload**
4.00 **One Day International Cricket**
5.00 **to 6.00** AM **Women's Giro d'Italia**

TNT Sports 2

411 414 522 409 431

6.00 AM **British Superbikes Highlights** From Knockhill.
7.00 **British Speedway** Action from Oxford Spires v Ipswich Witches.
8.00 **IFSC Climbing World Cup Highlights** In Krakow, Poland.
9.00 **One Day International Cricket**
10.00 **TNT Sports Cricket Reload**
10.15 **European Rally Championship Highlights** Rally Rome.
10.45 **BMX Urban Sessions**
11.45 **LIVE Cycling: Women's Giro d'Italia** Coverage of the fourth stage of the race, a 156km route from Castello Tesino to Pianezze.
1.45 PM **The Gruppetto** Cycling.
2.00 **MLB Highlights**
3.00 **The FA Disability Cup**
4.00 **British Speedway**
5.00 **Henley Royal Regatta**
8.00 **Cliff Diving World Series**
9.00 **Ultimate Pool** Pairs Cup.
10.30 **TNT Sports Reload**
11.00 **Premier League Stories**
11.30 **Gallagher Premiership Rugby Union** The 2024/25 season.
1.00 AM **FIM Speedway Grand Prix Highlights** In Malilla, Sweden.
2.00 **WNBA** Liberty v Storm.
3.00 **Ultimate Pool** Pairs Cup.
4.30 **to 6.00** AM **Wimbledon**

Sky Sports Action

408 408 517 507 426 446

6.00 AM **Lions Legends**
7.00 **British and Irish Lions Tour**
10.00 **LIVE British and Irish Lions Tour Brumbies v British & Irish Lions.** Coverage of the warm-up match at GIO Stadium, Canberra. Brumbies were Super Rugby semi-finalists and are likely to provide a stern test for Andy Farrell's men. Kick-off **11.00am**.
1.45 PM **Lions Legends**
2.45 **British and Irish Lions Tour**
3.45 **Lions Legends**
5.00 **British and Irish Lions Tour**
7.00 **Rugby Union Retro**
8.00 **British and Irish Lions Tour** Brumbies v British & Irish Lions: Action from the match staged at GIO Stadium in Canberra.
9.00 **Lions Legends** Profiles.
10.00 **British and Irish Lions Tour** Brumbies v British & Irish Lions: Another chance to see the match at GIO Stadium in Canberra.
1.45 AM **Lions Legends**
2.45 **British and Irish Lions Tour** Brumbies v British & Irish Lions.
3.45 **Lions Legends**
4.30 **British and Irish Lions Tour** Brumbies v British & Irish Lions.
5.30 **to 6.00** AM **Lions Legends**

Sky Sports Sky Sports+

412 410 518 508 427 447

6.00 AM **EFL Highlights** Action from Leyton Orient v Stockport County.
6.30 Action from Notts County v AFC Wimbledon at Meadow Lane.
7.00 **Good Morning Sports Fans**
10.00 **LIVE State of Origin Rugby League New South Wales v Queensland.** Coverage of the final match of the series from Accor Stadium. Kick-off **11.05am**.
1.00 PM **Lunchtime Live**
2.00 **Sports Desk**
5.00 **Sports Centre**
6.30 **Best of the 2016 Blast** Durham Jets v Northamptonshire Steelbacks in the 2016 final.
6.55 **LIVE Vitality T20 Blast Cricket Sussex Sharks v Kent Spitfires.** Coverage of the South Group match staged at the 1st Central County Ground, Hove. This meeting last year was comfortable for the hosts as they came away with a 31-run victory.
10.15 **Best of T20 Blast Finals Day**
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
12.00 M'T **EFL Highlights**
3.00 AM **Super League** Hull Kingston Rovers v Leeds Rhinos.
5.45 **to 6.00** AM **EFL Greatest Games**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **Ladies European Tour Golf**
8.00 **Indycar** The Honda Indy 200.
9.00 **Tennis** The 2024 US Open.
11.45 **EFL Greatest Games**
12.00 NOON **Women's International T20 Cricket** England v India.
3.30 PM **PL Greatest Games**
4.15 **Tennis** The 2024 US Open.
6.00 **PGA Tour Golf** Highlights.
7.00 **Ladies European Tour Golf**
8.00 **Formula 1** Highlights of the British Grand Prix at Silverstone.
9.00 **Indycar** Action from the Honda Indy 200 at Mid-Ohio.
10.00 **Tennis** The 2024 US Open.
11.45 **PL Greatest Games**
1.00 AM **Formula 1** British Grand Prix.
2.00 **Indycar** The Honda Indy 200.
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **DP World Tour Golf**

TNT Sports 3

413 415 523 410 432

6.00 AM **Premier League** A replay of Aston Villa v Newcastle United.
7.30 Another chance to see Nottingham Forest v Arsenal.
9.00 Liverpool v Chelsea.
10.30 Tottenham v Brentford.
12.00 NOON Man City v Burnley.
1.30 PM **Sign Up – Into Football**
2.30 **AFL** St Kilda Saints v Hawthorn.
4.00 A chance to see Sydney Swans v Fremantle Dockers.
5.30 Areplay of Adelaide Crows v North Melbourne Kangaroos.
7.00 **Cycling: Women's Giro d'Italia** Action from stage four in Italy.
8.00 **Cycling: Tour de France** Action from the fifth stage of the race.
9.00 **BMX Urban Sessions** The men's freestyle final in Brussels.
10.00 **Wimbledon** Action from day 10.
11.30 **Cycling: Women's Giro d'Italia**
12.30 AM **Cycling: Tour de France**
1.30 **Premier League Stories**
2.00 **Wimbledon** Action from day 10.
3.30 **Test Cricket Highlights**
5.30 **to 6.00** AM **What I Wore**

TNT Sports 4

414 416 524 411 434

6.00 AM **Serie A** Action from Italy.
1.00 PM **Serie A** Parma v Juventus.
2.00 AC Milan v Atalanta.
3.00 Inter Milan v AS Roma.
4.00 Action from Napoli v Torino.
5.00 Inter Milan v Hellas Verona.
6.00 **FIM Speedway Grand Prix Highlights** The sixth round of the season in Malilla, Sweden.
7.00 **Test Cricket Highlights** A look back at West Indies v Australia in the second Test of the series.
9.00 **FIM JuniorGP Championship** Action from the first Moto2 race in Nevers Magny-Cours, France.
9.45 Action from the first ETC race in Nevers Magny-Cours.
10.30 Action from the JuniorGP race in Nevers Magny-Cours.
11.15 The second Moto2 race in Nevers Magny-Cours, France.
12.00 M'T The second ETC race.
12.45 AM Action from the Stock race in Nevers Magny-Cours.
1.30 **to 6.00** AM **AFL**

Premier Sports 1

419 551

6.00 AM **FIA World Endurance Championship** From Le Mans.
7.00 **Motorsport** Drew Gibson.
8.00 **Transworld Sport** Magazine.
9.00 **PSA Squash Highlights**
10.00 **DTM Highlights** In Norisring.
11.00 **FIM Sidecarcross**
12.00 NOON **Kart Racing**
1.30 PM **LaLiga Specials**
2.30 **Motorsport** Valentino Rossi.
3.00 **Transworld Sport** Magazine.
4.00 **NASCAR Highlights**
5.00 **DTM Highlights**
6.00 **Motorsport** Le Tour Auto.
6.30 **LaLiga** Archive action.
7.40 **LIVE UEFA Champions League Shelbourne v Linfield.**
10.00 **PSA Squash Highlights**
11.00 **Motorsport** Le Tour Auto.
11.30 **UEFA Champions League**
1.30 AM **DTM Highlights**
2.30 **LaLiga Specials**
3.00 **UK Independent Kart Racing**
4.30 **Transworld Sport** Magazine.
5.30 **to 6.00** AM **Motorsport**

Premier Sports 2

420 552

6.00 AM **Copa Del Rey** The final.
9.00 **Football's Greatest**
9.30 **FastZone** Motorsports highlights.
10.00 **Major League Cricket** A chance to see the first play-off match.
2.30 PM **United Rugby Championship** The Grand Final.
4.25 **Temples of Sport** Iconic sporting venues from around the globe.
5.25 **Bike World** Magazine.
5.55 **LIVE Swedish Speedway** Coverage of an Elitserien meeting.
8.00 **FastZone** Motorsports highlights.
8.30 **LaLiga Specials** A look back at the best goalkeepers of 2024.
8.45 **Champions Cup** Another chance to see Northampton Saints v Bordeaux Begles in the final.
11.00 **Swedish Speedway**
1.00 AM **NHL Ice Hockey** Florida Panthers v Edmonton Oilers in game four of the Stanley Cup.
3.45 **LaLiga Specials**
4.00 **to 6.00** AM **CONMEBOL World Cup Qualifiers**

Sky Sports F1

406 406 516 506 424 444

6.00 AM **Formula 1** British Grand Prix.
8.00 **Ted's Notebook**
8.30 **Formula 1** From Silverstone.
10.45 **Ted's Notebook**
11.15 **Jenson & the FW22: Extended**
11.30 **Formula 3** British Grand Prix.
1.30 PM **Formula 2** From Silverstone.
3.50 **Oscar Piastri and Tom Stallard IV** Rachel Brookes hosts.
4.00 **Formula 1** British Grand Prix.
6.00 **Ted's Notebook**
6.30 **Formula 1** A chance to see the British Grand Prix at Silverstone.
8.45 **Ted's Notebook**
9.15 **Carlos Sainz & the Lie Detector**
9.30 **Formula 3** British Grand Prix.
11.30 **Formula 2** From Silverstone.
1.50 AM **Nico Rosberg on Teammates**
2.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Thursday

10 July

Evening Planner

Factual

Today at the Great Yorkshire Show

5, 8pm

Julia Bradbury and Jules Hudson take in the sights of the annual agricultural show.

Horror

The Walking Dead: Dead City

Sky Max & Sky Showcase, 9pm (box set, Sky Box Sets/NOW)

Return of the post-apocalyptic spin-off.

Documentary

The Great Plague with Rob Rinder & Ruth Goodman

5, 9pm

Looking at the widespread devastation the Great Plague caused across London.

OnDemand

NETFLIX

Too Much

Available today

Comedy drama about Jessica (Megan Stalter) a New Yorker who impulsively moves to London after a messy break-up.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 EastEnders	7.30 Football: Women's Euro 2025 – Live: Finland v Switzerland (Kick-off 8.00)					10.10 News; Local News	
	102 BBC2	‹ 3.00 Wimbledon – Live: Day 11		8.00 Today at Wimbledon		9.00 Earth's Great Rivers II		10.00 Mortimer &...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Emmerdale		8.30 Bradley &... †	9.00 Coronation Street		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Supercruising: Life at Sea		9.00 Poisoned: Killer in the Post		10.00 Celebrity Gogglebox	
	105 5	7.00 A Yorkshire Farm		8.00 Today at the Great Yorkshire Show		9.00 The Great Plague with Rob Rinder & Ruth Goodman			10.30 A&E After Dark
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Rob & Romesh vs Andy Murray		9.00 The Walking Dead: Dead City		10.00 Poker Face	
ENTERTAINMENT	115 BBC3	7.00 Deadly Dinosaurs with Steve Backshall		8.00 Interior Design Masters with Alan Carr		9.00 Ghosts US		10.00 Such Brave Girls	
	116 BBC4	7.00 Today at the Test		8.00 Antarctica Ice Station Rescue: Horizon		9.05 Film: The Wicker Man			
	118 ITV2	7.00 Deal or No Deal		8.00 Million Dollar Listing: LA		9.00 Love Island		10.05 Olivia Attwood: The Price of...	
	136 MORE4	‹ 6.55 The Dog House Australia	7.55 The Dog House			9.00 24 Hours in A&E			
	135 E4	7.00 The Simpsons		8.00 Below Deck: Mediterranean		9.00 Gogglebox		10.00 First Dates	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Law & Order: Special Victims Unit			
	108 SKY ATLANTIC	‹ 6.35 Westworld	7.55 Game of Thrones			9.00 The Gilded Age		10.10 Big Little Lies	
	110 U&GOLD	‹ 6.50 Are You...	7.30 Dad's Army	8.05 The Vicar of Dibley				10.00 The Royle Family	10.35 The Fast...
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	7.00 Heartbeat		8.00 Vera				10.00 Grantchester	
	120 ITV4	7.00 Tour de France Highlights		8.00 Film: Police Academy 6: City Under Siege				9.50 Film: Jaws: The Revenge	
	112 COMEDY CENTRAL	‹ 6.55 Friends				9.00 Kevin Bridges: The Brand New Tour		10.00 South Park	
	139 SKY SCI-FI	7.00 Atlantis		8.00 Stargate Atlantis		9.00 From the Earth to the Moon		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 Rob & Romesh vs Andy Murray		9.00 The Walking Dead: Dead City		10.00 Poker Face	
	109 U&ALIBI	7.00 Shakespeare & Hathaway		8.00 Beyond Paradise		9.00 Death in Paradise		10.00 Father Brown	
	130 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Discovering: Jean Simmons		9.00 The Directors		10.00 Classic Movies: The Story of The...	
	132 U&W	7.00 The Shift: Women on the Force		8.00 One Born Every Minute				10.00 999 Rescue Squad	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers		8.00 Scrap Kings		9.00 Naked and Afraid: Last One Standing			
	162 ANIMAL PLANET	7.00 Animal Cribs		8.00 Alaska: Surviving the Last Frontier		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Inside Airport Lost & Found		9.00 Car S.O.S.		10.00 Lawless Island	
	123 SKY HISTORY	7.00 Forged in Fire Armed Forces...		8.00 Swamp People		9.00 The UnBelievable with Dan Aykroyd		10.00 Alien Corridors	
	155 U&YESTERDAY	7.00 Great American Railroad Journeys		8.00 Bangers & Cash		9.00 Classic Car Kings		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Stax: Soulsville USA		8.00 This Is Open Country		9.00 7/7: Homegrown Terror		10.15 JFK Revisited: Through...	
FILMS – Sky Cinema	301 PREMIERE	‹ 5.45 William Tell		8.00 Gladiator II					10.30 Joker: Folie à...
	302 2025 RECAP	‹ 6.00 The Bikeriders		8.00 Trap				9.50 Speak No Evil	
	303 EPIC WORLDS	‹ 5.50 Indiana Jones and the Last Crusade		8.00 Indiana Jones and the Kingdom of the Crystal Skull				10.05 Peter Pan	
	304 GREATS	‹ 6.20 Stand by Me		8.00 Schindler's List					
	305 ANIMATION		7.15 Transformers One			9.05 The Amazing Maurice			
	306 FAMILY	‹ 6.55 Stardust				9.05 Ride On			
	307 ACTION	‹ 5.55 Meg 2: The Trench		8.00 Godzilla				10.10 Furiosa: A Mad Max Saga	
	308 COMEDY	‹ 6.00 Dumb and Dumber To		8.00 Singin' in the Rain				9.50 Chalet Girl	
	309 THRILLER	‹ 6.10 Kindred		8.00 The Equalizer					10.20 The Equalizer 2
	310 DRAMA	‹ 5.00 Oppenheimer		8.00 Molly's Game					10.20 Love Story
	311 SCI-FI	‹ 5.50 Stargate		8.00 Blade Runner				10.05 Constantine	
	313 FILM4	‹ 6.30 Hidden Figures				9.00 Prey			
SPORT	401 MAIN EVENT	‹ 6.55 Vitality T20 Blast Cricket – Live: Derbyshire Falcons v Worcestershire Rapids							10.15 PGA Tour Golf – Live...
	402 PREMIER LEAGUE	7.00 Premier League Highlights		8.00 Gary Neville's Soccerbox		9.00 Outraged: Football's Discrimination		10.00 Class of '92: Full Time	
	403 FOOTBALL	‹ 6.00 Championship Retro			8.45 EFL Greatest Games			10.00 EFL Cup Highlights	
	404 CRICKET	‹ 6.55 Vitality T20 Blast Cricket – Live: Derbyshire Falcons v Worcestershire Rapids							10.15 Ashes Greats
	410 TNT SPORTS 1	‹ 6.00 MLB – Live: Minnesota Twins v Chicago Cubs (Start-time 6.10)					9.15 MLB: Off the Bat	9.45 PL Stories	10.30 The Club That...
	411 TNT SPORTS 2	‹ 6.30 Test Cricket Highlights			8.30 Spirit of Yachting	9.00 AFL			10.30 UFC Connected

‹ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

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Thursday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Crimewatch Caught** The chase to catch a gang posing as university students to sell drugs. (S)(R)
11.15 **Homes Under the Hammer** New edition From Worcestershire, Milton Keynes and Kent. (S)(AD)
12.15 PM **Bargain Hunt** Commemorating the 80th anniversary of the Battle of Britain. (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 LIVE **Wimbledon** Clare Balding presents coverage of day 11 of the Grand Slam tournament from the All England Club, featuring the ladies' singles semi-finals. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.30 Football: Women's Euro 2025

7 PM

7.00 **EastEnders** Lauren and Peter get answers, Harry takes action, and Linda worries about Elaine. (S)(AD)

7.30 LIVE **Football: Women's Euro 2025** Finland v Switzerland: Coverage of both teams' third and final Group A match at Stade de Genève in Switzerland, as the teams battle it out for a place in the quarter-finals. With Norway and Iceland involved in the other match in the group this evening, this looked to be one of the hardest groups on paper to predict, and it would be no surprise if qualification for the last eight went down to the wire. Kick-off is at 8.00.

8 PM

9 PM

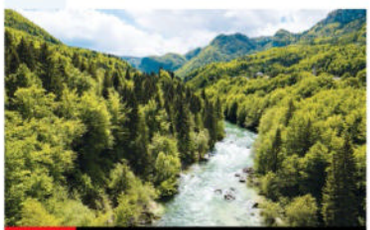
10 PM

10.10 **BBC News** (S)
10.40 **Local News** (S)
10.50 FILM **Marry Me** Romantic comedy with Jennifer Lopez, Owen Wilson and Maluma. Music superstars Kat and Bastian are preparing to get married, but then Kat learns – seconds before her vows – that Bastian has been unfaithful. (S)(AD) (2022, 12, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.35 AM **Such Brave Girls** 3/6. Deb is treated to cream tea on Mother's Day, but recent news puts her off her scones. (S)(R)(AD)
1.05 4/6. Dev's confidence takes a knock. (S2) (S)(R)(AD)
1.35 **Weather for the Week Ahead** Seven-day forecast. (S)
1.40 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **The Moment of Proof** The discovery of a young woman's body by a dog walker. (S)(R)(AD)
7.00 **Homes Under the Hammer** Properties in south Wales, Margate and Leicestershire. (S)(R)(AD)
8.00 **Sign Zone: Gardeners' World** From the RHS Hampton Court Garden Festival. (S)(R)(AD)
9.00 **BBC News** (S)
11.45 **Politics Live** (S)
12.30 PM LIVE **Wimbledon** Day 11 from the All England Club, where the men's doubles semi-finals are scheduled to get under way. (S)
3.00 LIVE **Wimbledon** Further coverage of day 11 from the All England Club, where the men's doubles semi-finals are expected to continue and the mixed doubles final set to take place. (S)



9.00 Earth's Great Rivers II

LIVE **Wimbledon** (started at 3.00pm)

8.00 **Today at Wimbledon** Qasa Alom presents highlights of day 11 from the All England Club, including the ladies' singles semi-finals. Jasmine Paolini and Barbora Krejcíková triumphed to become the singles finalists last year. (S)

9.00 **Earth's Great Rivers II** From elephants, giant crocodiles and wildebeest to Victoria Falls, the largest curtain of water on earth, cameras reveal the story of the Zambezi, Africa's wildest river. (S)(R)(AD)

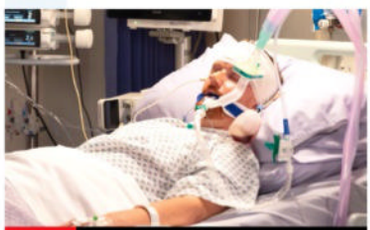
10.00 **Mortimer & Whitehouse: Gone Fishing** 5/8. Bob and Paul take a trip to go sea fishing off the north Norfolk coast. (S)(R)(AD)
10.30 **Newsnight** (S)

11.00 **Live Aid at 40: When Rock 'n' Roll Took on the World** 2/3. Concerts are held in London and Philadelphia to raise money. (S)(R)
12.00 M'T **Today at the Test** England v India: Action from the opening day of the third Test at Lord's. (S)(R)
1.00 AM **Sign Zone: Murder 24/7** (S)(R)
2.00 **Sign Zone: Ambulance** (S)(R)
3.00 **Sign Zone: The Power of Parker** 6/6. Shocking news makes Kath re-evaluate her life. (S2) (S)(R)(AD)
3.30 **to 6.15** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
1.00 PM **ITV News** (S)
1.20 **Local News** (S)
1.30 LIVE **Racing** Ed Chamberlin and Francesca Cumani present coverage of the opening day of the July Festival at Newmarket, where the Princess of Wales' Stakes is the feature race. Analysis from Jason Weaver and Hayley Turner, reports by Oli Bell and Matt Chapman, and commentary from Richard Hoiles. (S)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)



9.00 Coronation Street

7.30 **Emmerdale** A woozy and disorientated Joe regains consciousness and finds himself in a makeshift hospital. Gabby puts Sarah in danger, and Lewis puts in a stint in the cafe for Nicola. (S)(AD)

8.30 **Bradley & Barney Walsh: Breaking Dad** 5/6. The actor and his son head to Sweden, where they go head-to-head in a curling competition alongside the country's women's team in Stockholm. (S)(R)(AD)

9.00 **Coronation Street** Tensions flare between Kevin and Carl, Maria reports Gary's disappearance to the police, Dee-Dee masks her guilt as she collects Laila from James, and Carla tries to convince Lisa that therapy can help. (S)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Regional Programmes** See Local Variations. (S)

11.15 **The Assembly: Unseen** Out-takes from the celebrity interviews by neurodivergent individuals. (S)(R)
11.45 **Tour de France Highlights** Action from the sixth stage. (S)(R)
12.35 AM **Teleshopping**
3.00 **Joanna Lumley's Danube** 1/3. The actor begins a journey down the famous river. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Jimmy & Shivi's Farmhouse Breakfast** (S)(SL)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 | 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 9-12/22. (S1) (S)(R)
8.10 **The King of Queens** (S)(R)(AD)
9.10 **Frasier** 21-24/24. (S4) (S)(R)(AD)
11.10 **Ramsay's 24 Hours to Hell and Back** From Virginia. (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Help! We Bought a Village** (S)(R)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **The Great House Giveaway** Renovating a house bought at auction that has been condemned, not once but twice. (S)(R)
5.00 **Chateau DIY** At Château de Gere, Trish tries to combat invading sheep by building a fence. (S)(R)
6.00 **Sun, Sea and Selling Houses** New edition A couple from Essex hope to find their perfect holiday home in Alicante. (S)

9.00 Poisoned: Killer in the Post

7.00 **News** (S)

8.00 **Supercruising: Life at Sea** New edition 2/8. The crew sailing North Africa and Europe pull out all the stops for the biggest bash of the cruise – a full-blown Dutch Orange Party for nearly 3,000 passengers. (S)(AD)

9.00 **Poisoned: Killer in the Post** Series finale 2/2. James Beal concludes his investigation into a disturbing number of young people dying by suicide across the UK, US, Canada, Germany and Australia. (S)(AD)
■ Entire series on C4 Streaming

10.00 **Celebrity Gogglebox** A selection of Britain's best-known personalities turn their hand to being the country's most opinionated viewers, sharing their views on what they have been watching on TV. (S)(SL)(R)(AD)

11.05 **24 Hours in Police Custody** 1&2/2. Documentary. (S)(R)
1.05 AM **Ramsay's Kitchen Nightmares USA** From California. (S)(SL)(R)
1.55 FILM **A House Named Shahana** Bangladeshi drama. Subtitled. (S) (2023, 140min) ★★★★
4.15 **Kirstie and Phil's Love It or List It: Brilliant Builds** (S)(R)(AD)
4.40 **Escape to the Chateau** (S)(R)
4.50 **George Clarke's Amazing Spaces**
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley with Matt Allwright** Topical debate. (S)
12.30 PM **Vanessa** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 FILM **Stolen Baby: The Murder of Heidi Broussard** Fact-based drama with Anna Hopkins and Emily Osment. (S) (2023, 12, 100min) ★★
4.00 **Bargain-Loving Brits in the Sun** Rain threatens to spoil the opening night of Dave and Tony's Mexican restaurant. (S)(R)
5.00 **News** (S)
6.00 **Dogs Behaving (Very) Badly** Graeme meets a Welsh terrier that harasses its owner. (S)(R)
6.55 **News** (S)

7.00 A Yorkshire Farm

7.00 **A Yorkshire Farm** New edition Farmers Rob, Dave and Roger explore their woodland and plant new trees. (S)
■ Concludes tomorrow

7.55 **News** (S)

8.00 NEW SERIES **Today at the Great Yorkshire Show** 1/2. Julia Bradbury and Jules Hudson report from Harrogate, and experience everything the agricultural event has to offer. (S)
■ Concludes tomorrow

9.00 NEW **The Great Plague with Rob Rinder & Ruth Goodman** Rob and historian Ruth explore the impact of the Great Plague of 1665 on both London's rich and poor, as they step into the shoes of people from very different backgrounds. (S)(AD)

10.30 **A&E After Dark** A highly abusive male is restrained and brought straight into resus to avoid mixing with members of the public. (S)(R)

11.30 **Trauma Room One** A 53-year-old patient is rushed to hospital in fear that she could become paralysed. (S)(R)
12.30 AM **Ambulance: Code Red** (R)
1.20 **PlayOJO Live Casino Show** (S)
3.20 **Friends** (S7) (S)(R)(AD)
3.45 **Submarine: Life Under the Waves** HMS *Trenchant.* (S)(R)
4.35 **Paul Martin's Antiques Showdown** (S)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Atlantis** (S1) (S)(R)
11.00 **New Kids in the Wild** (S)(R)
12.00 NOON **The Flash** (S9) (S)(R)
1.00 PM **Hawaii Five-0** (S8) (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 15/18. (S4) (S)(R)(AD)
5.00 **The Simpsons** *Bart the Cool Kid:* Bart makes friends with a famous influencer. (S)(R)
5.30 *The Star of the Backstage:* Marge stages a revival of a musical from high school. (S)(R)
6.00 *Pretty Whittle Liars:* Cletus discovers that his wife Brandine has been hiding a secret love of learning. (S)(R)
6.30 *The Sound of Bleeding Gums:* Lisa meets Bleeding Gums Murphy's son. (S)(R)

8.00 Rob & Romesh vs

7.00 **The Simpsons** *My Octopus and a Teacher:* Bart is unable to control his feelings for his teacher. (S)(R)
7.30 *Girls Just Shauna Have Fun:* Lisa joins the high-school marching band and finds an unlikely mentor. (S)(R)

8.00 **Rob & Romesh vs Andy Murray** The comedians meet the tennis star, catching up with him as he models his new sportswear range, before being pushed to their limits in a training session. (S)(R)(AD)

9.00 NEW SERIES **The Walking Dead: Dead City** *Power Equals Power:* 1/8. The war for Manhattan sees Maggie and Negan trapped on opposite sides. *See feature, page 11.* (S2) (AD)
■ Entire series on Box Sets

10.00 **Poker Face** *The End of the Road:* 12/12. Charlie is on the run and begins to question everything she has believed in. Guest stars Rhea Perlman. (S2) (R)

11.00 **Never Mind the Buzzcocks** With Hannah Waddingham, Ian Broudie and Melanie Blatt. (R)
11.45 **Curb Your Enthusiasm** 9/10. Cheryl's sister prepares to get married. (S2) (S)(R)
12.25 AM 10/10. Larry goes for a massage. (S2) (S)(R)
1.05 **The Force: North East** (S)(R)
2.05 **Road Wars** (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 15/18. (S4) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
10.50pm River City **11.20** FILM Marry Me (2022, 12, 105min) ★★★ **1.05am** Such Brave Girls **2.05** Weather **2.10-6.00am** BBC News
N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.50pm House of the Year **11.20** FILM Marry Me: As Scotland. **1.05am** Such Brave Girls **2.05-6.00am** BBC News
WALES
Sky 965, Virgin 864, Freesat 965
10.50pm Rookie Cops **11.15** FILM Marry Me: As Scotland. **1.05am** Such Brave Girls **2.00-6.00am** BBC News

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00pm Hardy Bucks **10.25-10.30pm** Suzie Lee's Great Food Made Simple
WALES
Sky 968, Freesat 968
No variations

ITV1

ANGLIA
10.45-11.15pm Anglia Late Edition
BORDER/TYNE TEES
10.45-11.15pm Around the House
LONDON
10.45-11.15pm The Late Debate
CENTRAL
10.45-11.15pm Central Lobby
GRANADA
10.45-11.15pm The Granada Debate
MERIDIAN
10.45-11.15pm The Last Word
WALES
8.30-9.00pm Backstage **10.45-11.15pm** Bradley & Barney Walsh: Breaking Dad
WEST/WESTCOUNTRY
10.45-11.15pm The Westcountry Debate
YORKSHIRE
10.45-11.15pm Last Orders

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cefn Gwlad **1.00** Prynhawn Da **1.55** Newyddion a'r Tywydd **2.00** LIVE Seiclo: Tour de France **4.35** Dreigiau Cadi **4.45** Deian a Loli **5.00** Stwnsh **6.00** 24 Awr Newidiodd Gymru **6.10** Taith y Llewod **6.57** Newyddion **7.00** Heno o Llangollen **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm **8.25** Rownd a Rownd **8.55** Newyddion a'r Tywydd **9.00** Seiclo: Tour de France **9.30** Y Byd ar Bedwar **10.30** 24 Awr Newidiodd Gymru **11.15-11.40pm** Carufanio

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Deadly Dinosaurs with Steve Backshall**
7.55 **The Catch Up**
8.00 **Interior Design Masters with Alan Carr** 7/8. The designers transform hair salons in Bristol.
9.00 **Ghosts US** New episodes 10/22. Mark demands to meet the silent investor. **9.20** 11/22. Jay's sister helps him with the restaurant. **9.40** 12/22. Flower interferes with Jay's restaurant. (S4)
10.00 **Such Brave Girls** New episodes 3/6. Deb is treated on Mother's Day. **10.30** 4/6. Dev's confidence takes a knock. (S2)
■ Entire series on BBC iPlayer
10.55 **Him & Her** 4&5/7. (S3)
11.55 **The Tooney and Russo Show** New edition
12.20 AM **My Insta Scammer Friend** Documentary.
1.05 **Ballers: Ball or Nothing**
2.05 **Him & Her** 4/7. (S3)
2.35 **Things You Should Have Done** 2/6. (S1)
3.05 **to 4.00** AM **Such Brave Girls**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Today at the Test** England v India.
8.00 **Horizon: Antarctica Ice Station Rescue** The move of a polar research station.
9.00 **Moviedrome** Alex Cox introduces *The Wicker Man.*
9.05 FILM **The Wicker Man** Horror starring Edward Woodward as a police sergeant who arrives on a remote island to investigate the mysterious disappearance of a 12-year-old girl. (1973, 15, 99min) ★★★★★
10.35 **Moviedrome** Mark Cousins introduces *Don't Look Now.*
10.40 FILM **Don't Look Now** Thriller starring Donald Sutherland and Julie Christie. A bereaved couple believe they are being haunted by their dead daughter. (1973, 15, 106min) ★★★★★
12.25 AM **Scene by Scene: Donald Sutherland**
1.10 **Ex-S: The Wicker Man**
1.40 **Westwood: Punk – Icon – Activist** Documentary.
3.00 **to 4.00** AM **Rise of the Nazis: The Downfall**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me** Five editions of the culinary contest from Hull.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Kirstie and Phil's Love It or List It** Phil Spencer and Kirstie Allsopp help the Pogsons in Harrogate.
6.55 **The Dog House Australia** New edition A dog that has run away several times has the chance of a fresh start.
7.55 **The Dog House** A girl with Tourette's needs a special pup to stand by her side, while it's love at first sight for seven-year-old Lottie and cockapoo puppy Annie.
9.00 **24 Hours in A&E** A woman has been sent to A&E by her GP with chronic back pain, and doctors soon realise she may be suffering a serious underlying spinal injury. **10.00** The doctors treat a 15-year-old stabbing victim, an 11-year-old who has fallen in the playground and a sport commentator with an unusual inflamed ankle.
11.05 **Emergency Helicopter Medics** Staff use battlefield dressings to try to stop a man bleeding to death.
12.05 AM **The Good Doctor**
1.05 **24 Hours in A&E**
3.15 **to 3.45** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Kitchen Nightmares USA**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons** *Marge's Son Poisoning:* Bart goes cycling with Marge on a tandem.
7.00 **The Simpsons** *Pray Anything:* Homer discovers the power of prayer. **7.30** *In Marge We Trust:* Marge begins work as a church volunteer.
8.00 **Below Deck: Mediterranean** New edition The crew head into their final charter.
9.00 **Gogglebox** Views on *Love Island* and *Dancing on Ice.*
10.00 **First Dates**
11.05 **Gogglebox**
12.10 AM **The Big Bang Theory**
1.10 **Rick and Morty**
1.40 **Mike Tyson Mysteries** New episodes (S3)
2.15 **Brooklyn Nine-Nine**
3.00 **Modern Family**
3.25 **Below Deck: Mediterranean**
4.15 **Kitchen Nightmares USA**
5.05 **The Goldbergs**
5.30 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 306 30 123 256

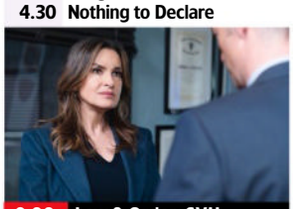
THURSDAY Entertainment

Thursday

Sky Witness

107 107 110 341 356

6.00 AM **Stop, Search, Seize**
7.00 **Border Security: Canada's Front Line** Double bill.
8.00 **Border Patrol** Double bill.
9.00 **Send in the Dogs**
10.00 **Stop, Search, Seize**
11.00 **Bondi Rescue**
12.00 NOON **The Good Doctor**
1.00 PM **FBI** 8/15. A bomb leaves three people dead. (S3)
2.00 **FBI: Most Wanted** 9/15. Jess and Sarah's relationship continues to evolve. (S2)
3.00 **Caught Red Handed**
4.30 **Nothing to Declare**



9.00 Law & Order: SVU

7 PM
7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 Caught on Dashcam Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 Law & Order: Special Victims Unit New episode *Undertow:* 15/20. A complicated case divides the squad.

10 PM
10.00 Law & Order: Special Victims Unit New episode *Let Me Bring Pardon:* 16/20. A doctor discovers his comatose patient is pregnant. (S26)
11.00 **FBI** 20&21/22. (S4)
1.00 AM **Chicago Fire** New episode
2.00 **Chicago Med** New episode
3.00 **Chicago PD** New episode
4.00 **Highway Cops**
5.00 **to 6.00** AM **Air Ambulance ER**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **The Guest Wing**
8.00 **The Sopranos** 4&5/21. (S6)
10.05 **Westworld** 7&8/8. (S3)
12.30 PM **Game of Thrones** (S7)
1.30 **Domina** 3&4/8. (S1)
3.25 **The Sopranos** 4/21. Jason Barone's father dies.
4.30 5/21. Johnny Sack is granted leave so he can attend his daughter's wedding. (S6)
5.30 **Westworld** 7/8. Bernard, Stubbs, and William escape from all of the chaos.
6.35 8/8. Dolores' true intentions are revealed. (S3)

10.10 Big Little Lies

7.55 Game of Thrones *Eastwatch:* 5/7. Daenerys makes an offer to the lords of Westeros, while Cersei vows to vanquish anyone or anything that stands in her way. (S7)

8.00 Rob & Romesh vs Andy Murray Comedians Rob Beckett and Romesh Ranganathan spend time with the tennis star.

9.00 The Gilded Age *Love Is Never Easy:* 3/8. George confronts Bertha about her vision and its impact on his business. (S3)

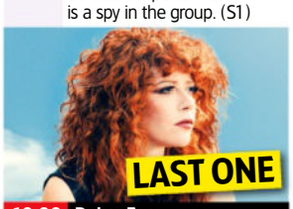
10.10 Big Little Lies *The End of the World:* 3/7. Madeline's issues come to the surface in a couples therapy session. (S2)
11.05 **Homicide: Life on the Street** 5/22. Munch refuses to share his personal problems. (S7)
12.05 AM **The Staircase** 8/8. (S1)
1.25 **The Night Of** 4/8. (S1)
2.35 **Mildred Pierce** 5/5. (S1)
4.05 **Game of Thrones** As 7.55pm.
5.10 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S8)
8.00 **The Flash** 5/13. (S9)
9.00 **Stargate Atlantis** (S1)
11.00 **Poker Face** Series finale 12/12. Charlie is on the run and begins to question everything she has believed in. (S2)
12.00 NOON **The Flash** 6/13. (S9)
1.00 PM **Hawaii Five-0** (S8)
3.00 **NCIS: Los Angeles** (S13)
4.00 **S.W.A.T.** 15/18. (S4)
5.00 **SEAL Team** 10/22. (S1)
6.00 **Stargate Atlantis** 5/20. Dr Weir suspects there is a spy in the group. (S1)



10.00 Poker Face

7.00 Stargate Atlantis *Childhood's End:* 6/20. Sheppard encounters a youthful race. (S1)

8.00 Rob & Romesh vs Andy Murray Comedians Rob Beckett and Romesh Ranganathan spend time with the tennis star.

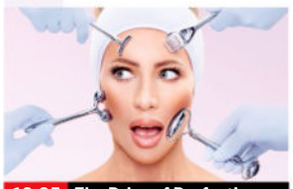
9.00 NEW SERIES The Walking Dead: Dead City *Power Equals Power:* 1/8. *See feature, page11.* (S2)
■ Entire series on Box Sets

10.00 Poker Face Series finale 12/12. Charlie is on the run and begins to question everything she has believed in. (S2)
11.00 **Never Mind the Buzzcocks** Guests Ian Broudie, Hannah Waddingham and Melanie Blatt join the regulars.
11.50 **The Force: North East**
12.55 AM **SEAL Team** 11/22. (S1)
2.00 **Road Wars**
3.00 **NCIS: Los Angeles** 2/22. (S13)
4.00 **S.W.A.T.** 15/18. (S4)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
8.35 **The Bardsley Bunch**
9.30 **The Only Way Is Essex**
10.15 **Real Housewives of Miami**
11.10 **Real Housewives of Salt...**
12.05 PM **Dinner Date**
1.05 **The Bardsley Bunch**
2.05 **The Only Way Is Essex**
3.05 **Million Dollar Listing: LA**
4.00 **Real Housewives of Miami** New edition Reality series.
5.00 **Real Housewives of Salt Lake City** Reality series.
6.00 **Celebrity Catchphrase**



10.05 The Price of Perfection

7.00 Deal or No Deal Stephen Mulhern hosts as Zee takes on the Banker for the chance to win a life-changing cash prize.

8.00 Million Dollar Listing: LA Altman and Tracy go head-to-head over the sale of a historic property.

9.00 Love Island New edition Reality show in which singletons compete in the hopes of finding love and winning a £50,000 prize.

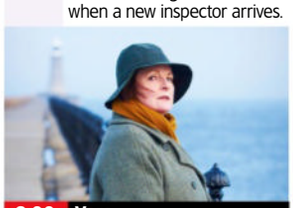
10.05 Olivia Attwood: The Price of Perfection New edition 5/6. A look into the causes of a rise in male cosmetic surgery.
11.05 **Family Guy** 7&3/21. (S12)
12.05 AM **American Dad!** (S11)
1.05 **Bob's Burgers** 5/16. The kids uncover a secret. (S14)
1.35 **Totally Bonkers Guinness World Records**
2.05 **Ruby Speaking** 4/6. (S1)
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Where the Heart Is**
10.30 **The Royal** *To Love and to Lose.*
11.35 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.45 **Classic Coronation Street**
3.45 **Midsomer Murders** *Judgement Day:* A petty thief is murdered during a perfect village competition.
5.55 **Heartbeat** *Bringing It All Back Home:* Things may be about to change for Nick when a new inspector arrives.



8.00 Vera

7.00 Heartbeat *Wild Thing:* When sheep carcasses are found, Nick and Kate suspect there may be a beast on the moors.

8.00 Vera *The Ghost Position:* The detective investigates when former colleague Sergeant Stuart Macken is left badly burned when his house is petrol-bombed, while his daughter fights for her life in intensive care.

10.00 Grantchester 7/8. Alphy discovers a woman he knows has gone missing, and a student journalist is found dead. (S9)
11.00 **Grantchester** 8/8. A reclusive man dies in Cambridge. (S9)
11.55 **The Bay** 1/6. DS Jenn Townsend returns to work.
12.55 AM 2/6. Hannah's boyfriend Cal is discovered near death. (S5)
1.55 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **The Forest**
8.00 **Beechgrove Garden** New edition Horticultural tips.
8.30 **Loggerheads**
9.00 **Two Doors Down** 3/6. Alan's brother is getting married, and he is the best man. (S5)
9.30 **Situationships with Sophie and Christine** New edition 4/8. Sophie Gravia and Christine McGuinness offer relationship advice.
10.00 **Not Your Average Family** 1/3. Charlie Allan and Lauren Faulkner plan to start a family.
10.30 2/3. Charlie and Lauren are the targets of a transphobic hate crime.
11.00 3/3. The duo deal with difficult fertility news.
11.30 PM **to 12.00** M'T **Gary: Tank Commander** (S1)

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **American Auto** (S1)
9.00 **The Conners** (S4)
10.00 **Entourage** 3&4/8. (S8)
11.15 **Crashing** 6&7/8. (S3)
12.35 PM **Silicon Valley** (S2)
1.55 **Entourage** 3&4/8. (S8)
3.10 **Upright** 3&4/8. (S1)
4.20 **Crashing** 6&7/8. (S3)
5.35 **Ballers** 7&8/10. (S1)
6.45 **The Conners** (S4)
7.45 **Silicon Valley** 1/10. Richard Hendricks goes on the warpath.
8.25 2/10. Richard's relationship with Jack deteriorates. (S3)
9.00 **Girls** 5/10. Hannah is faced with a new crisis.
9.35 6/10. Hannah has an epiphany. (S4)
10.05 **Upright** 7&8/8. (S2)
11.25 **Enlightened** (S1)
12.35 AM **Curb Your Enthusiasm** (S2)
2.00 **And Just Like That...** New episode 7/12. (S3)
3.00 **Somebody Somewhere**
4.10 **to 5.00** AM **American Auto**

Sky Arts

130/131 114/115 123 36 143 24 350 365

6.00 AM **John Williams: The Berlin Concert**
7.50 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Stories from the National Gallery**
3.00 **Classic Movies: The Story of The Graduate**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Discovering**
9.00 **The Directors**
10.00 **Classic Movies: The Story of The Ipcress File**
11.00 **Science Fiction in the Atomic Age**
12.00 M'T **Kubrick by Kubrick**
1.40 AM **Sci-Fi on Film**
3.10 **Inside Art**
4.10 **Auction**
4.40 **to 6.00** AM **National Trust: Garden Treasures**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security USA**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security USA** Documentary.
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S5)
6.00 **Stargate Universe** (S2)
7.00 **Star Trek: The Next Generation** 8/26. (S1)
8.00 **Star Trek: Deep Space Nine** 18/26. (S2)
9.00 **Murder Uncut** A man calls emergency services to report that his wife has shot herself.
10.00 **How I Caught the Killer** The case of Julie Jensen.
11.00 **Grimm** 12/22. (S4)
12.00 M'T **Nothing to Declare**
2.00 AM **Brit Cops: Rapid Response** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Pictionary** With Denise Van Outen and Laurence Llewelyn-Bowen.
2.30 With Jeanette Kwakye and Eddie Kadi.
3.00 **Tenable** A team of five friends take part.
4.00 Family team the Mancunian Jacks take part in the quiz show.
5.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
6.00 **Lingo** Double bill of the quiz hosted by Adil Ray.
8.00 **Deal or No Deal** Stephen Mulhern hosts as contestant Ryan takes on the Banker for the chance to win a life-changing cash prize.
9.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.00 M'T **Pictionary** Double bill of the game show.
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 50 48

8.00 AM **Hart to Hart** (S3)
9.00 **Diagnosis Murder**
11.00 **Father Dowling Mysteries** 22/22. (S3)
12.00 NOON **Sue Thomas: F.B.Eye** 6/19. (S1)
1.00 PM **Hart to Hart** (S3)
2.00 **Father Dowling Mysteries** 5/8. (S1)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** (S6&7)
9.00 **Randall and Hopkirk (Deceased)** *When the Spirit Moves You:* 16/26. Jeff is threatened. (S1)
10.00 **The Avengers** *Invasion of the Earthmen:* 16/33. Steed and Tara pose as a married couple. (S6)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S6&7)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Great Racehorses**
6.20 **Minder**
7.25 **The Professionals**
8.30 **Dempsey and Makepeace**
9.30 **River Monsters**
10.00 **Tour de France Highlights**
10.55 **Made in Britain**
11.30 **LIVE Tour de France** Coverage of the sixth stage, a hilly 201.5km route from Bayeux to Vire in Normandy.
5.00 PM **The Derby Through the Years** Memorable stagings.
5.20 **River Monsters**
5.55 **Minder**

8.00 **Police Academy 6**

7.00 **Tour de France Highlights** Action from stage six, a hilly 201.5km route from Bayeux to Vire in Normandy.

8.00 **FILM Police Academy 6: City Under Siege** Comedy sequel starring Bubba Smith. The hapless cops set out to stop a trio who are carrying out a string of robberies in the city. (1989, PG, 83min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **FILM Jaws: The Revenge** Action thriller sequel starring Lorraine Gary and Michael Caine. The small town of Amity is terrorised once again by a man-eating shark. (1987, 12, 100min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **BattleBots**
12.35 AM **The Return of Sherlock Holmes** Murder mystery.
1.35 **Minder**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: The Next Generation** 6/26. (S7)
2.00 **Atlantis** 12/13. (S1)
3.00 **Stargate Atlantis** 3/20. (S2)
4.00 **Star Trek: Voyager** 15/26. With Dwayne Johnson. (S6)
5.00 **Star Trek: The Next Generation** 6/26. (S7)
6.00 **Star Trek: Enterprise** 17/24. The crew discover unhatched Xindi-Insectoid eggs. (S3)

11.00 **Westworld**

7.00 **Atlantis** *Touched by the Gods – Part One:* 12/13. Jason is reminded of his pact with Circe. (S1)

8.00 **Stargate Atlantis** *Runner:* 3/20. Teyla and Sheppard are taken captive, and McKay has a close encounter with Ford. (S2)

9.00 **From the Earth to the Moon** *That's All There Is:* 7/12. The Apollo 12 team prepare to land on the moon. (S1)

10.00 **The Walking Dead** *The Calm Before:* 15/16. All four communities come together in celebration for the first time in years. (S9)
11.00 **Westworld** 1/10. First episode of the sci-fi drama inspired by Michael Crichton's 1973 film about a futuristic theme park. **12.20** AM 2/10. A popular host faces being decommissioned. (S1)
1.25 **True Blood** 3&4/12. (S5)
3.30 **Room 104** 11/12. (S4)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S8)
9.00 **Father Brown**
10.00 **WPC 56** 3/5. (S2)
11.00 **Hudson & Rex** 15/16. (S3)
12.00 NOON **Shakespeare & Hathaway: Private Investigators** 8/10. (S4)
1.00 PM **Beyond Paradise** (S2)
2.00 **Murdoch Mysteries** (S8)
4.00 **WPC 56** 3/5. (S2)
5.00 **Hudson & Rex** 15/16. (S3)
6.00 **Father Brown** *The Numbers of the Beast:* The priest walks in on a man standing over the body of his dead wife.

7.00 **Shakespeare & Hathaway**

7.00 **Shakespeare & Hathaway: Private Investigators** 8/10. Frank and Lu investigate a case of paranormal activity. (S4)

8.00 **Beyond Paradise** 2/6. An amateur psychic's unsettling predictions begin to come true. (S2)

9.00 **Death in Paradise** *A Dash of Sunshine:* 6/8. Poole investigates the death of a strangled English tourist. (S2)

10.00 **Father Brown** *The Upcott Fraternity:* The suicide of a student leads Father Brown to believe a murderer is at work.
11.00 **Father Brown** As 6.00pm.
12.00 M'T **Shakespeare & Hathaway: Private Investigators**
1.00 AM **Elementary** 19/21. Holmes and Watson race to locate a missing woman. (S6)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.00 AM **Highlights**
9.20 **Ever Decreasing Circles**
10.00 **Are You Being Served?**
10.55 **Open All Hours**
11.35 **Last of the Summer Wine**
12.55 PM **The Green Green Grass**
1.35 **Ever Decreasing Circles**
2.15 **Dad's Army**
2.55 **Open All Hours**
3.35 **Are You Being Served?**
4.15 **Last of the Summer Wine**
5.30 **Ever Decreasing Circles**
6.10 **The Green Green Grass**
6.50 **Are You Being Served?**

10.00 **The Royle Family**

7.30 **Dad's Army** Sergeant Wilson is appointed manager of the Eastgate branch of the bank.

8.05 **The Vicar of Dibley** Alice and Hugo's baby is christened amid chaos, while David asks Geraldine to marry him.

9.00 **The Vicar of Dibley** A water shortage presents problems for Alice, who is forced to wear her Wonder Woman outfit.

10.00 **The Royle Family** Jim and Barbara are left holding the baby.
10.35 **The Fast Show** The *That's Amazing* presenter shows off a magical pen.
11.15 **Not Going Out**
12.30 AM **The Vicar of Dibley**
1.30 **The Royle Family**
2.00 **The Fast Show**
2.45 **Not Going Out**
3.15 **to 4.00** AM **Ever Decreasing Circles**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **The Weakest Link**
8.00 **Cops on the Rock**
10.00 **Guy Martin's Great British Power Trip**
11.00 **Rick Stein's Mediterranean Escapes** As 6.00pm.
12.00 NOON **Storage Hunters UK**
2.00 PM **Guy Martin's Great British Power Trip**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** Focusing on food pairings.
6.00 **Rick Stein's Mediterranean Escapes** The chef is invited to a family feast in Corfu.

5.00 **Hairy Bikers' Best of...**

7.00 **Would I Lie to You?** With Rhod Gilbert, Jamie Laing, Claudia Winkleman and Tracy-Ann Oberman.
7.40 **Richard Osman's House of Games** With Stuart Maconie and Lou Sanders. **8.20** With Vick Hope, Nicki Chapman, Gethin Jones and Tim Vine.

9.00 **QI XL** Guests Ross Noble, Ruby Wax and Sean Lock join regular panellist Alan Davies and host Stephen Fry.

10.00 **Have I Got a Bit More News for You** Clive Myrie hosts the satirical current affairs quiz, with Camilla Long and Miles Jupp.
11.00 **Taskmaster** Russell Howard gets some new tattoos.
12.00 M'T **Mock the Week** With Josh Widdicombe, Milton Jones and Katherine Ryan.
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Survivor South Africa**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **A Place in the Sun**
9.30 **Sun, Sea and Selling Houses** From Almeria.
10.30 **Help! We Bought a Village** From Spain.
11.30 **Chateau DIY**
12.30 PM **A Place in the Sun**
1.30 **Great House Giveaway**
2.30 **Sun, Sea and Selling Houses** From Almeria.
3.30 **Come Dine with Me**
6.00 **A Place in the Sun**
7.00 **Can't Sell, Must Sell**
8.00 **George Clarke's Remarkable Renovations**
9.00 **FILM The Day After Tomorrow** Thriller with Dennis Quaid. (2004, 12, 124min) ★★★★
11.25 **First Dates**
12.30 AM **Crime Scene Cleaners** Documentary.
1.35 **Poisoned: Killer in the Post** Double bill.
3.40 **Dover 24/7: Britain's Busiest Port**
4.35 **to 4.55** AM **Find It, Fix It, Flog It**

5USA

141/169 129 120/162 21 129 29

9.00 AM **NCIS** 20-22/23. (S2)
12.00 NOON **Law & Order: Criminal Intent**
6.00 PM **NCIS** *Deception:* 13/24. A navy lieutenant commander is abducted. Guest stars Zac Efron. **7.00** *Light Sleeper:* 14/24. The wives of two Marines are murdered. **8.00** *Head Case:* 15/24. A Marine's severed head is found. (S3)
9.00 **Blue Bloods** *Not Fade Away:* 12/22. Danny Regan moonlights as private security for an ex-convict. (S7)
10.00 **Law & Order: Special Victims Unit** *Secrets Exhumed:* 14/24. The SVU revisit an old rape-murder case. (S14)
11.00 **Law & Order: Special Victims Unit** (S14)
1.55 AM **Person of Interest**
2.50 **The Good Wife** (S7)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Rogue Claimers**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Nightmare Tenants, Slum Landlords**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **A&E After Dark** Medical staff treat a sliced open foot, and a dislocated knee.
10.00 **My Lover, My Killer** New edition A look into the murder of a mother and daughter.
11.00 **Inheritance: Murder in the Family – The Thomas Kwan Affair**
12.35 AM **The Body in the Bag** Melanie Hall.
2.05 **Quantico** (S2)
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Trucking Hell**
9.20 **Motorway Patrol**
9.55 **Traffic Cops**
10.55 **Police Interceptors**
1.55 PM **FILM Abilene Town** Western drama. (1946, b/w, 15, 91min) ★★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Trucking Hell** New edition A lorry has turned the motorway into a waterlogged obstacle course.
10.00 **Extreme Tow Truckers**
11.00 **NEW SERIES Quantum Leap** *This Took Too Long!* 1/13. (S2)
12.00 M'T **Motorway Cops: Catching Britain's Speeders** Documentary.
1.00 AM **Motorway: Hell on the Highway**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.15 AM **MasterChef Junior USA** Culinary show.
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **The Shift: Women on the Force** Chief Inspector Fiona Willey is hunts for drug dealers.
8.00 **One Born Every Minute** Cameras focus on a Venezuelan mother-to-be and her Lithuanian husband. **9.00** Cameras follow Louise, a 45-year-old mother-to-be, and her estranged partner Dan.
10.00 **999 Rescue Squad**
12.00 M'T **Inside the Ambulance**
12.30 AM **Small Town Secrets**
1.35 **to 3.00** AM **Interior Design Masters with Alan Carr**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.25 AM **Pie in the Sky**
8.15 **Doctors**
9.30 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Tenko**
3.00 **Kingdom**
4.00 **Lovejoy**
5.15 **'Allo 'Allo!**
6.00 **Birds of a Feather**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Shakespeare & Hathaway: Private Investigators** 9/10. (S2)
9.00 **Outrageous** New episode *Hating and Loving:* 4/6. The Mitfords are blindsided. (S1)
■ Entire series on U
10.00 **New Tricks**
11.20 **Spooks** 6/10. (S2)
12.40 AM **Pie in the Sky**
1.40 **'Allo 'Allo!**
2.35 **Birds of a Feather**
3.05 **to 4.00** AM **The Chelsea Detective**

+1 hr 243 316 60 260

THURSDAY Entertainment

Thursday

Really
142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Sicily.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** Mark Hill and Izzie Balmer look for antiques in Carmarthenshire. **8.00** Mark and Izzie are in the Midlands.
9.00 **Help! My House Is Haunted** New edition Carrie and Malcolm are plagued by unsettling paranormal activity.
10.00 **The Osbournes Want to Believe** Jack tries to make his parents believe in ghostly employees.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
145 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Game show.
10.00 **Richard Osman's House of Games**
11.20 **All Star Family Fortunes**
12.00 NOON **Classic Who Wants to Be a Millionaire?** Quiz show.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Classic Who Wants to Be a Millionaire?**
5.00 **The Bidding Room** Items include an antique tombola machine.
6.00 **Tenable** Double bill.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Hot Seat: Who Wants to Be a Millionaire?** Double bill of the Australian version of the big-money quiz show.
12.00 M'T **Bullseye** Double bill.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 319 426 42 33

8.00 AM **Wild West...**
8.30 **FILM Fury at Gunsight Pass** Western. (1955, b/w, 15, 67min) ★
10.00 **The Avengers** (S6)
11.00 **The High Chaparral**
12.00 NOON **Bonanza** (S1)
1.00 PM **FILM Cat Ballou** Western spoof. (1965, PG, 96min) ★★★★
3.05 **FILM The Last Days of Frank and Jesse James** Western. (1985, PG, 99min) ★★★★
5.20 **Wanted: Dead or Alive**
6.00 **Bonanza** 22/32. (S1)
7.00 **The High Chaparral**
8.00 **The Avengers** (S6)
9.00 **FILM Wild Bill** Western. (1995, 15, 93min) ★★★
11.15 **FILM The Proud Rebel** Western drama. (1958, b/w, U, 108min) ★★★
1.30 AM **FILM Bermuda Tentacles** Sci-fi thriller. (2014, 12, 86min) ★★
3.30 **to 5.00** AM **Wild West Chronicles**

+1 hour 324 319

GREAT! movies
321 318 425 34 32

9.00 AM **Saving Lives at Sea**
10.00 **FILM Fatal Performance** Thriller. (2013, PG) ★★
12.00 NOON **Heathrow: Britain's Busiest Airport**
1.00 PM **FILM Washed Away** Thriller. (2017, PG) ★★
3.00 **FILM Brace for Impact** Mystery thriller. (2016, PG, 90min) ★★
5.00 **FILM Crimes of Passion** Crime thriller. (2005, PG, 86min) ★★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM Last Knights** Action adventure. (2015, 15, 112min) ★★
11.25 **FILM Garage Sale Mysteries: Murder Most Medieval** Crime drama. (2017, PG, 90min) ★★
1.30 AM **FILM Gone Daughter Gone** Thriller. (2020, PG, 87min) ★★
3.30 **Air Rescue**
4.00 **to 6.00** AM **FILM Left for Dead** Thriller. (2014, PG, 87min) ★

+1 hour 322 318

GREAT! romance
319 317 424 52 47

8.00 AM **FILM An Hour Behind** Comedy. (2017, PG, 90min) ★★
10.05 **FILM The 27-Hour Day** Drama. (2021, PG) ★★
12.00 NOON **FILM Loving Every Minute** Fantasy. (2022, U, 86min) ★★
2.00 PM **FILM Sand Dollar Cove** Romantic drama. (2021, PG, 84min) ★★
4.00 **FILM A Summer to Remember** Comedy. (2018, PG, 90min) ★★
5.55 **FILM Caribbean Summer** Comedy. (2022, PG, 84min) ★★
8.00 **FILM Love in Translation** Drama. (2021, U, 88min) ★★
10.00 **FILM My One and Only** Drama. (2019, PG) ★★
11.55 **FILM Snapshot of Love** Drama. (2022, PG) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Sand Dollar Cove** Drama. (2021, PG, 84min) ★★

+1 hour 320 317

Rewind TV
182 81 141

6.00 AM **Highlights**
11.00 **Jokers Wild**
11.30 **Please Sir!** 18/21. (S4)
12.00 NOON **Carry On Laughing** 6/6. (S1)
12.30 PM **You're Only...**
1.00 **Mapp and Lucia** (S1)
2.00 **FILM Drake's Venture** Drama. (1980, PG) ★★
4.00 **Fantasy Island** (S1)
5.00 **A Sharp Intake of Breath** 6/6. (S2)
5.30 **I Dream of Jeannie**
6.00 **The Monkees** (S1)
6.30 **Don't Drink the Water**
7.00 **Jokers Wild**
7.30 **You're Only Young Twice**
8.00 **Please Sir!** 18/21. (S4)
8.30 **A Sharp Intake of Breath** 6/6. (S2)
9.00 **Bramwell** 7/10. (S3)
10.00 **Soap** 3/25. (S1)
10.30 **Stereo Underground**
11.30 **The Monkees** (S1)
12.00 M'T **FILM Touch of Evil** Crime thriller. (1958, b/w, 12, 110min) ★★★★★
1.45 **to 6.00** AM **Highlights**

DMAX
159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Building Alaska**
11.00 **Building Off the Grid**
1.00 PM **Alaska: The Last Frontier** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Polar ice descends and each Skipper must choose flight or fight. The *Saga* is in danger of sinking and Jake needs to act fast.
9.00 **Expedition X** Phil and Jess test a mind-bending scientific theory.
10.00 **Expedition Unknown** Josh Gates heads to the town of Turbek.
11.00 **Gold Divers**
12.00 M'T **Naked and Afraid: Alone** Double bill.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1 hour 259 369 153

Food Network
140/141 154 190 43 148 39

6.00 AM **Highlights**
8.30 **Girl Meets Farm**
9.00 **Rick's Fruits of the Sea**
10.00 **Comfort Food**
11.00 **Great British Bake Off**
12.00 NOON **Summer...**
1.00 PM **Hairy Bikers' Mississippi Adventure**
2.00 **Islands to Highlands**
3.00 **Barefoot Contessa**
4.00 **Delicious Miss Brown**
4.30 **Girl Meets Farm**
5.00 **Rick's Fruits of the Sea**
6.00 **Comfort Food**
7.00 **Great British Bake Off**
8.00 **Summer Baking Championship** New edition
9.00 **Secrets of the Curry Kitchen** New edition
9.30 **Nadiya's Simple Spices**
10.00 **Tom Kerridge Secrets of the Pub Kitchen**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Highlights**

+1 hour 240/241 154

Legend
148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 2/25. (S7)
9.00 **The Fall Guy** 23/23. (S1)
10.00 **Knight Rider** 13/22. (S3)
11.00 **FILM Escape from Mars** Sci-fi drama. (1999, PG, 86min) ★★
1.00 PM **FILM Biggles: Adventure in Time** Time travel adventure. (1986, PG, 108min) ★★
3.00 **FILM Lancaster Skies** Drama. (2019, PG) ★★
5.00 **Star Trek** 18/26. (S2)
6.00 **Knight Rider** 14/22. (S3)
7.00 **The Fall Guy** 1/23. (S2)
8.00 **Walker, Texas Ranger**
9.00 **FILM Best of the Best** Drama with Eric Roberts. (1989, 15, 100min) ★★
11.00 **FILM An Eye for an Eye** Martial arts crime thriller. (1981, 15, 106min) ★
1.05 AM **FILM Jagged Edge** Courtroom thriller. (1985, 18, 108min) ★★★★★
3.10 **to 5.00** AM **FILM The Golem** Horror thriller. (2018, 15, 95min) ★★

Legend Xtra
317 316 171 69 138 51

6.00 AM **Jules Verne's Mysterious Island**
8.00 **FILM The Day the Earth Stopped** Thriller. (2008, 15, 90min) ★★
10.00 **The Lost World** (S2)
11.00 **FILM Alien Convergence** Thriller. (2017, 15, 120min) ★★
1.00 PM **FILM Apocalypse of Ice** Disaster epic. (2020, PG, 88min) ★★
3.00 **The Lost World** (S2)
4.00 **The A-Team** 18/25. (S3)
5.00 **Jules Verne's Mysterious Island**
7.00 **The Lost World** (S2)
8.00 **The A-Team** 19/25. (S3)
9.00 **FILM Beyond Suspicion** Thriller with Karl Urban and Sofia Vergara. (2018, 15, 96min) ★★
10.55 **FILM Jeepers Creepers** Horror thriller starring Gina Philips. (2001, 15, 91min) ★★★★
1.00 **to 3.00** AM **FILM Beyond Suspicion**

+1 hour 318 316 371 139

Blaze
164 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars**
8.55 **Hardcore Pawn**
10.15 **Alien Files: Unsealed**
11.10 **Strange Evidence**
12.10 PM **MonsterQuest**
1.05 **Pawn Stars** Double bill.
2.05 **Junk and Disorderly**
3.05 **Storage Wars**
4.00 **Ancient Aliens**
6.00 **Alien Files: Unsealed**
7.00 **Junk and Disorderly**
8.00 **Dickinson's Real Deal**
9.00 **Indistinguishable from Magic** Documentary.
10.50 **Evidence of the Unexplained**
11.50 **Curse of Skinwalker Ranch** Documentary.
12.50 AM **Close Encounters**
1.10 **Alien Files: Unsealed**
2.00 **Ancient Aliens**
3.45 **Wicked Tuna**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT
153 166 138 46 133 30

9.00 AM **Scotland's Most Scenic Railway Journeys**
10.00 **World's Most Scenic Railway Journeys**
11.00 **Ben Fogle: New Lives in the Wild** Sierra Nevada.
12.00 NOON **Super Dogs with Extraordinary Jobs**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **The Good Ship Murder**
7.00 **Cruising with Susan Calman** Susan sets sail from Barcelona.
8.00 **Ben Fogle: New Lives in the Wild** Queensland.
9.00 **The Palace: What the Royal Servants Saw**
10.00 **The King's Guard: Serving the Crown**
11.00 **The Good Ship Murder**
12.00 M'T **Cruising with Jane McDonald** The Danube.
1.00 AM **22 Kids & Counting**
3.00 **Cruising with Susan Calman** As 7.00pm.
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **Fantasy Homes by the Sea** From south Devon.
4.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **Escape to the Country**
9.00 **My Dream Derelict Home in the Sun** Scarlette Douglas helps a couple transform a derelict farmhouse into a dream retreat.
10.00 **Fixer to Fabulous: Italiano** Dave and Jenny Marrs go to Italy for their biggest project yet.
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 258/262 391

TLC
133/134 139 165

7.00 AM **Extreme Couponing**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Say Yes to the Dress**
8.00 **Breaking New Ground** New edition Robert works around the clock to make sure a special suite is fit for his mother.
9.00 **1000-lb Sisters** Double bill of the reality series.
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Couponing**
2.00 **1000-lb Sisters**
3.00 **Sex Sent Me to the ER**
4.00 **Breaking New Ground**
5.00 **to 6.00** AM **Extreme Couponing**

+1 hour 233/234 365

Comedy Central
112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** 6&7/22. (S6)
10.00 **Last Man Standing**
11.00 **Everybody Loves Raymond** 13-16/22. (S1)
12.55 PM **Last Man Standing**
1.20 **Friends** 7-19/24. (S9)
7.55 **Friends** 20/24. Joey decides to throw a party. **8.25** 21/24. Chandler and Monica go to visit a fertility clinic. (S9)
9.00 **Kevin Bridges: The Brand New Tour**
10.00 **NEW SERIES South Park** Return of the satirical animation. (S27)
10.30 **South Park** (S1&2)
1.00 AM **Whose Line Is It Anyway? USA**
2.00 **Beavis and Butt-Head**
3.00 **Modern Horror Stories**
3.05 **Michael McIntyre: Happy & Glorious**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra
127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 5&6/14. (S5)
11.00 **Friends** (S4&5)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Daria** 7&8/14. (S5)
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing** (S4)
7.00 **Everybody Loves Raymond** 13-16/22. (S1)
9.00 **Friends** 19/24. Joey is interviewed for a TV magazine. **9.30** 20/24. Rachel's mother plans to move in. **10.00** 21/24. Monica is upset by a bad restaurant review. **10.30** 22/24. Phoebe and Monica bet on when Rachel's overdue baby will arrive. (S8)
11.00 **Friends** (S8)
2.00 AM **Criminally Funny**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay
152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Border Security: Canada's Front Line**
11.00 **Nothing to Declare**
12.00 NOON **Warehouse 13**
2.00 PM **Highway Patrol**
3.00 **UK Border Force**
4.00 **Border Security: Canada's Front Line**
5.00 **Border Patrol**
6.00 **The Ark** 1/12. (S1)
7.00 **Send in the Dogs**
8.00 **UK Border Force**
10.00 **Stella** 7/11. The nurse gives Michael a sex ban, and Collette returns. **11.00** 8/11. Emma falls harder for Marcus. (S3)
12.00 M'T **Russell Howard Hour**
1.00 AM **A League of Their Own** With Jimmy Carr.
2.00 **We're Here**
3.10 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **Teen Mom: Young & Pregnant** Reality series.
7.10 **Teen Mom OG**
9.00 **Dallas Cowboys Cheerleaders**
11.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Six editions.
7.00 **Teen Mom UK: My Mum & Me**
8.00 **Rich Kids Go Skint**
9.00 **Help! I'm in a Secret Relationship!** CJ has had enough of being hidden by Charles.
10.00 **Jersey Shore Family Vacation** New edition
11.00 **The Challenge: Untold History**
12.00 M'T **Ridiculousness** New edition Rob, Steelo and Nina Drama trip down 'paincases.'
12.30 AM **Ridiculousness**
1.00 **True Life Crime UK**
2.00 **Ink Master**
2.45 **True Love or True Lies?**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Alaska: The Last Frontier**
9.00 **Marooned with Ed Stafford**
11.00 **Kindig Customs** Double bill.
1.00 PM **Deadliest Catch**
3.00 **Gold Rush** Tony works to resurrect an old machine. **4.00** Parker closes in on his goal, but an emergency threatens his momentum.
5.00 **Building Off the Grid** A couple build a high-tech mountain base camp.
6.00 **Border Control: Spain** Double bill of the documentary.

9.00 Naked and Afraid: Last...

7.00 **Wheeler Dealers** Mike and Elvis try to revive a Porsche 911 in rough shape and take it through the Cairngorms.

8.00 **Scrap Kings** A fishing trawler must be floated from the depths of a harbour near Blackpool before being broken.

9.00 **Naked and Afraid: Last One Standing** New edition As they are pushed to the brink, three competitors send shockwaves through the Outback. All camps are disbanded, and going forward, challenges will be solo tests.

11.00 **Border Control: Spain** New editions Double bill.
12.00 M'T **Moonshiners** Mark is ambushed in his own garage.
1.00 AM **Naked and Afraid: Last One Standing** As 9.00pm.
3.00 **Street Outlaws**
4.00 **to 5.00** AM **Blowing Up History**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **Bad Dog!** Documentary.
10.00 **Tanked** From St Pete Beach.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A cat has an appetite for destruction. **4.00** A cat struggles to control its bladder.
5.00 **Lone Star Law** The wardens investigate a suspected poacher.
6.00 **Dr Jeff: Rocky Mountain Vet** The team are faced with a fat cat with kidney disease.

7.00 Animal Cribs

7.00 **Animal Cribs** Antonio Ballatore helps a family create some special space for their rabbits, ferrets, cats and dogs.

8.00 **Alaska: Surviving the Last Frontier** Greg Pierson goes on a goat hunt despite never having fired a gun before.

9.00 **Alaska: The Last Frontier** As autumn arrives, the Kilchers race to finish their preparations for winter.

10.00 **Alaskan Bush People** The Wolfpack race to complete a build on their new ranch, and the Brown family add a member.

11.00 **Pit Bulls & Parolees** Tia has an explosive confrontation with new parolee Randy.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Alaska: Surviving the Last Frontier** As 8.00pm.
2.00 **Animal Cribs** As 7.00pm.
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Mysterious Islands**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Paranatural**
2.00 PM **Nazi Megastructures: Battle Ready** Double bill.
4.00 **Construction Fails** How the use of glass in construction can lead to devastating problems.
5.00 **Car S.O.S** The boys head to Essex to fix a 1970s supercar.
6.00 **World War II: Secrets from Above** Fighting breaks out in the streets of Soviet Stalingrad.

10.00 Lawless Island

7.00 **Air Crash Investigation** Investigating how American Airlines Flight 587 crashed in New York City, killing 265 people.

8.00 **Inside Airport Lost & Found** New edition The journeys of items misplaced at airports.

9.00 **Car S.O.S** The boys take on a van for a family whose lives were torn apart by the Manchester Arena bombing in 2017.

10.00 **Lawless Island** New edition In Port Protection, the old guard pass on wisdom to a new generation.

11.00 **Air Crash Investigation** A Miami cargo plane crash.
12.00 M'T **Seconds from Disaster**
1.00 AM **To Catch a Smuggler**
2.00 **Made in a Day**
2.30 **Bid & Destroy** Double bill.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Dirty Old Cars**
7.00 **Pawn Stars Do America**
8.00 **American Pickers**
9.00 **Pawn Stars** A *Godzilla* toy.
10.00 **Storage Wars** Four editions.
12.00 NOON **The UnXplained with William Shatner**
1.00 PM **Dirty Old Cars**
2.00 **Mountain Men**
3.00 **Secrets in the Ice**
5.00 **What on Earth?** The story of Malaysia Airlines flight MH370.
6.00 **American Pickers** Story boards and scripts from *The Simpsons* are uncovered.

8.00 Swamp People

7.00 **Forged in Fire Armed Forces Tournament** Four US Navy officers work to forge a naval Mark 3 dive knife.

8.00 **Swamp People** New edition On the final day of the season, Troy and Pickle fill their last tags before time runs out.

9.00 **The UnBelievable with Dan Aykroyd** New edition A look at how some discoveries are anything but ordinary.

10.00 **Alien Corridors** Possible alien activity in the Arizona city of Sedona, considering what might be drawing UFOs to this spot.

11.00 **What on Earth?** As 5.00pm.
12.00 M'T **Strange Evidence** Mysterious red lights shooting into the sky above the Alps.
1.00 AM **The UnXplained with William Shatner**
2.00 **The UnBelievable with Dan Aykroyd** As 9.00pm.
3.00 **Forged in Fire Armed Forces Tournament** As 7.00pm.
4.00 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash** Double bill.
10.00 **WW2: Battles for Europe**
11.00 **Nazi Hunters** As 5.00pm.
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **WW2: Battles for Europe**
5.00 **Nazi Hunters** How Adolf Eichmann was tracked down.
6.00 **Antiques Roadshow** Fiona Bruce introduces more items from visits to the British Museum, Hutton-in-the-Forest and Chatsworth.

7.00 Great American Railroad...

7.00 **Great American Railroad Journeys** Michael Portillo meets scientists studying the Northern Lights in Alaska.

8.00 **Bangers & Cash** Derek is back in Luton to meet an old schoolmate who is saying goodbye to his 1912 De Dion Bouton.

9.00 **Classic Car Kings** Big Irv has had a love affair with VWs, so he's surprised when he gets the chance to work on a 1949 Beetle.

10.00 **Bangers & Cash** Derek gets a tour of Hadlow Castle in Kent when he arrives to collect the owner's pre-war Alvis.

11.00 **Bangers & Cash** Paul collects a cherished 1924 Rover 9 that's been in the same family since the 1950s and only had one previous owner before that.
12.00 M'T **Abandoned Engineering** A compound in Colombia.
1.00 **to 3.00** AM **Find It, Fix It, Flog It**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Chasing Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop** Items include a hand-crafted doll's house.
8.00 **Outback Truckers** Mike Elliott battles scorching heat in Western Australia.
9.00 **Aussie Gold Hunters** New edition When Shane decides to try hard-rock mining, he gets help from an unlikely source.
10.00 **Outback Car Hunters**
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes to the Dress: UK** Reality series.
8.00 **Say Yes to the Dress**
10.00 **Say Yes... Atlanta**
11.00 **Say Yes to the Dress**
12.00 NOON **Betrayed**
1.00 PM **On the Case**
2.00 **Murder on CCTV**
3.00 **10 Steps to Murder**
4.00 **American Monster**
6.00 **People Magazine Investigates**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **Evil Lives Here: The Killer Speaks** New edition
10.00 **Evil Lives Here: Shadows of Death**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Susan Casey.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Forensic Factor** How criminals are betrayed by the clues their own bodies leave behind.
8.00 **Britain's Countryside Killers** Mark Buckley murders Ellen Higginbottom in Orrell Water Park in Wigan.
9.00 **Murder Book** Police suspect a link when two women are killed on the same dirt road, but they struggle to find the killer until a third murder leads them to the culprit.
10.00 **The Killer You Know** New edition Hatred and greed lead four killers to enact their revenge.
11.00 **Murder by the Sea**
1.00 AM **Murder Book**
2.00 **The Killer You Know**
3.00 **Britain's Countryside Killers** As 8.00pm.
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Close Calls: On Camera** Four editions.
11.00 **Medical Detectives**
2.00 PM **Close Calls: On Camera** Four editions.
4.00 **Medical Detectives** An 11-year-old boy who ate an undercooked burger containing E-coli. **4.30** A geology professor helps find the killer of a missing university student. **5.00** The capture of a multiple rapist and killer after an assaulted victim escaped his clutches. **5.30** Investigators search for the owner of a pair of men's trainers. **6.00** A British couple are reported missing. **6.30** New evidence in the case of a missing girl.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
7.00 **Send in the Dogs**
8.00 **The Force: Manchester**
9.00 **Highway Patrol**
10.00 **Road Wars**
11.00 **The Real Manhunter**
12.00 NOON **Murdered at First Sight** True-crime.
1.00 PM **Britain's Most Evil Killers** Documentary.
2.00 **The Killer Within**
3.00 **Forensics: Catching...**
4.00 **World's Most Evil Killers**
5.00 **The Real Manhunter**
6.00 **The Killer Within**
7.00 **Forensics: Catching...**
8.00 **World's Most Evil Killers**
9.00 **Forensics: Catching the Killer** Karen Price.
11.00 **Britain's Most Evil Killers**
12.00 M'T **The Real Manhunter**
1.00 AM **Killer in My Village**
2.00 **An Unexpected Killer**
3.00 **Snapped** Documentary.
4.00 **Road Wars**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.35 **Broken Arrows, the Lost Bombs of the Cold War** Documentary.
9.45 **Plunderer: The Life and Times of a Nazi...**
10.55 **The 100 Days That Defined Modern History**
11.55 **The Dictator's Playbook**
1.00 PM **Grand Tours of the Scottish Islands**
1.40 **Broken Arrows, the...**
2.50 **Plunderer: The Life...**
4.00 **The 100 Days That Defined Modern History**
5.05 **The Dictator's Playbook**
6.15 **Broken Arrows, the...**
7.20 **Plunderer: The Life and Times of a Nazi Art Thief** Series finale
8.35 **The 100 Days That Defined Modern History**
9.35 **The Dictator's Playbook**
10.50 **Plunderer: The Life...**
12.00 M'T **The 100 Days That Defined Modern History**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

THURSDAY

Thursday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The Movies**
7.00 **Discovering: Alain Delon**
8.00 **The Directors**
8.55 **The Vow**
10.00 **Stax: Soulsville USA**
11.00 **Urban Secrets**
12.00 NOON **Very Ralph**
2.10 PM **Quant**
4.00 **Discovering: Alain Delon**
5.00 **The Directors**
5.55 **The Vow**
7.00 **Stax: Soulsville USA** 4/4. The label prepares to shut its doors.
8.00 **NEW This Is Open Country** Documentary looking at the success of Irish and Northern Irish golfers at The Open.
9.00 **7/7: Homegrown Terror** 3/3. Two weeks after 7/7, London is targeted by a second attack.
10.15 **JFK Revisited: Through the Looking Glass** Documentary.
12.30 AM **FILM Man on Wire** Oscar-winning documentary. (2007, 12, 93min) ★★★★
2.30 **The Great Horsemeat Scandal**
3.10 **The Slow Hustle**
5.00 **to 6.00** AM **Discovering: Alain Delon**

Sky Nature

124/125 113/114 189 354 369

6.00 AM **Kenya Wildlife Diaries**
7.00 **Monkey Life**
8.00 **Wildlife ER**
9.00 **Super Shark Highway**
10.00 **Wild Crusades**
11.00 **New Kids in the Wild**
12.00 NOON **Big Cat Country**
1.00 PM **Monkey Life**
2.00 **Wildlife ER**
3.00 **Super Shark Highway**
4.00 **Wild Crusades**
5.00 **Wild Tales from the Farm**
6.00 **Hope for Wildlife: The Next Generation** New edition A weasel and her tiny kittens have gone missing at the rehab.
7.00 **Monkey Life** Double bill.
8.00 **Wild Latin America**
9.00 **Ireland's Wild Islands**
10.00 **Hope for Wildlife: The Next...**
11.00 **Wild Tales from the Farm**
12.00 M'T **New Kids in the Wild**
1.00 AM **Wildlife Icons**
2.00 **Wild Latin America**
3.00 **Ireland's Wild Islands**
4.00 **Wildlife ER**
5.00 **to 6.00** AM **Super Shark Highway**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Deadman's Curse**
9.00 **Weird Britain**
10.00 **River Hunters**
11.00 **Ancient Aliens**
1.00 PM **National Park Mysteries**
2.00 **Weird Britain**
3.00 **History's Greatest Aircraft**
4.00 **Ross Kemp: Deep Sea Treasure Hunter**
5.00 **UFO Hunters**
6.00 **Dirty Old Cars**
7.00 **What on Earth?** A mysterious Saharan crater, seen from space, that hides a brutal past.
8.00 **Mysteries of the Ancient Dead** A row of ancient tombs standing 213 metres above a valley floor in Peru.
9.00 **Viking Dead**
10.00 **Life After People**
11.00 **Haunted Hospitals**
12.00 M'T **Ancient Aliens**
2.00 AM **Evidence of the Unexplained** A look at recently declassified UFO files.
3.00 **History's Greatest Aircraft**
4.00 **Mission Unexplained**
5.00 **to 6.00** AM **UFO Hunters**

Crime+Investigation

156 142 133

6.00 AM **Cold Case Files**
7.00 **Homicide Hunter**
8.00 **Interrogation Raw**
9.00 **Murdertown**
10.00 **Spring Break Murders**
11.00 **Somebody's Hiding Something**
12.00 NOON **Criminal Confessions**
1.00 PM **Murder By Medic**
2.00 **Killer Britain**
3.00 **Murdertown**
4.00 **Cops Gone Bad**
5.00 **When Missing Turns to Murder**
6.00 **Cold Case Files**
7.00 **The First 48 Presents: Critical Minutes**
8.00 **Murder By Medic** New edition
9.00 **The First 48** New edition
10.00 **Fugitive Hunters: Mexico** New edition Documentary.
11.00 **Fugitives Caught on Tape**
12.00 M'T **Murder By Medic**
1.00 AM **The First 48**
2.00 **Fugitive Hunters: Mexico**
3.00 **Criminal Confessions**
4.00 **Killer Britain**
5.00 **to 6.00** AM **Spring Break Murders**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Critter Fixers: Country Vets**
9.00 **Monster Fish**
10.00 **Savage Kingdom**
11.00 **Animals Gone Wild**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Bull Shark Bandits**
3.00 **Birth of Europe**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Critter Fixers: Country Vets**
8.00 **Europe from Above** Highlights from the series.
9.00 **Asia's Wild Secrets** Footage of the continent's most iconic wildlife and scenery.
10.00 **Ice Road Rescue** A 50-ton truck and trailer carrying asphalt crashes above a steep bank.
11.00 A rescued driver refuses to pay, so Thord threatens him with house arrest.
12.00 M'T **When Sharks Attack**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Greatest Events of World War II** As shown at 8.00pm.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Greatest Events of World War II** Restored colour footage retells the dramatic story of the Battle of Midway, a Japanese attack on the US-held Pacific island that triggered an extraordinary chain of events.
9.00 **Unexplained and Unexplored** Investigating the Knights Templar.
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Forensic Detectives**
1.00 AM **Blowing Up History**
2.00 **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **The Dick Emery Show**
10.50 **Secret Army**
1.20 PM **Pickwick Papers**
2.35 **The Dick Emery Show**
4.30 **Secret Army**
6.55 **Pickwick Papers** 4/12. Mr Wardle and Mr Perker finally catch up with runaways Mr Jingle and Rachel, and confront them at the White Hart Inn.
7.35 5/12. Pickwick and Sam pursue Jingle to Bury. (S1)
8.15 **The Dick Emery Show** Triple bill featuring comic sketches.
10.05 **Secret Army** *Bridgehead:* 12/14. Monique starts a new life, and Kessler changes his identity. (S3)
11.15 **Louis Theroux: Law & Disorder in Philadelphia** The journalist joins police patrols in Philadelphia to get a first-hand look at the city's seedy underbelly.
12.30 AM **Secret Army**
1.40 **The Dick Emery Show**
3.25 **Secret Army**
5.11 **to 6.00** AM **The Dick Emery Show**

+1 hour 266 376

ID

154 141 166

8.00 AM **Someone You Thought You Knew** The case of Mary Yoder.
9.00 **American Monster**
11.00 **Deadline: Crime with Tamron Hall** Double bill of editions.
1.00 PM **Shattered**
3.00 **Murder Comes to Town**
5.00 **Til Death Do Us Part**
7.00 **The Murder Tapes** An 18-year-old's parents are desperately looking for their missing daughter.
8.00 The murder of a popular EMT devastates the local police in Columbus, Georgia.
9.00 **Does Murder Sleep?** In Florida, detectives discover a pregnant mother-of-three brutally murdered in her sleep. They delve into her extensive use of social media as they search for clues.
10.00 **Road Rage** Double bill.
11.00 **Exposed: Naked Crimes**
12.00 M'T **Scene of the Crime with Tony Harris** Double bill.
2.00 AM **Til Death Do Us Part**
4.00 **to 6.00** AM **The Murder Tapes**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Extreme RVs**
7.00 **Kindig Customs**
8.00 **Motor Pickers**
9.00 **Texas Metal**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Outback Car Hunters**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Texas Metal**
4.00 **Custom Carolina**
5.00 **Motor Pickers**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Custom Carolina** Tommy and the crew pay homage to a 1970s Safari Rally winner.
9.00 **Car Fix** Double bill of editions.
10.00 **Texas Metal** A beloved 1964 Rolls-Royce rolls into the shop.
11.00 **Shed and Buried**
12.00 M'T **Custom Carolina**
1.00 AM **Outback Car Hunters**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

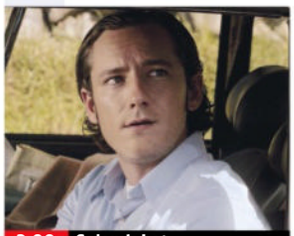
+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.30 AM **Piece By Piece** As 5am.
8.10 **Empire Waist** Comedy drama. (2024, 12, 94min) ★★★
10.00 **William Tell** As 5.45pm.
12.15 PM **The Luckiest Man in America** Fact-based drama. (2024, 15, 90min) ★★★★
2.00 **Salem's Lot** Horror thriller. (2024, 15, 109min) ★★★
4.00 **I Don't Understand You** Horror comedy. (2025, 15) ★★★
5.45 **William Tell** Historical drama. (2025, 15, 133min) ★★★



2.00 Salem's Lot

8.00 Gladiator II Ridley Scott's historical drama sequel starring Paul Mescal, Pedro Pascal and Denzel Washington. The son of Maximus Decimus Meridius enters the Colosseum in an attempt to bring glory back to Rome. With Connie Nielsen and Derek Jacobi. (2024, 15, 148min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 Joker: Folie à Deux Musical thriller starring Joaquin Phoenix and Lady Gaga. Arthur Fleck meets the love of his life while incarcerated at Arkham State Hospital. (2024, 15, 138min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **Anora** Comedy drama. (2024, 18, 139min) ★★★★★
3.20 **Strange Darling** Thriller. (2023, 18, 97min) ★★★★
5.00 **to 6.40** AM **Piece By Piece** Animation. (2024, PG, 94min)

Sky Cinema Epic Worlds

303 303 403 503 517

6.00 AM **Stargate** Sci-fi adventure. (1994, PG, 125min) ★★★★
8.15 **The Secret Garden** (2020)
10.00 **Snow White and the...**
12.10 PM **The Huntsman: Winter's...**
2.10 **Jumanji** Fantasy adventure. (1995, PG, 104min) ★★★★
4.00 **How to Train Your Dragon** Animated fantasy adventure. (2010, PG, 98min) ★★★★
5.50 **Indiana Jones and the Last Crusade** Action adventure. (1989, PG, 127min) ★★★★★

5.50 ...the Last Crusade

8.00 Indiana Jones and the Kingdom of the Crystal Skull Steven Spielberg's action adventure starring Harrison Ford. Indiana Jones tries to stop Soviet agents from seizing a legendary crystal skull with psychic powers. (2008, 12, 122min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 Peter Pan Adventure based on JM Barrie's play, starring Jeremy Sumpter and Rachel Hurd-Wood. The Darling children leave their bedroom to fly to Neverland with Peter Pan. (2003, PG, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Snow White and the Huntsman** Fantasy adventure. (2012, 12, 127min) ★★★
2.10 AM **The Huntsman: Winter's War** Fantasy adventure. (2016, 12, 114min) ★★★
4.15 **to 6.00** AM **The Secret Garden** Family drama. (2020, PG, 99min) ★★★★

Sky Cinema Drama

310 310 410 510 524

7.25 AM **Molly's Game** As 8.00pm.
9.45 **Spotlight** Fact-based drama. (2015, 15, 129min) ★★★★★
12.00 NOON **Hardball** Sports drama. (2001, 12, 106min) ★★
1.50 PM **Sundown** Drama with Tim Roth. (2021, 15, 82min) ★★★★
3.20 **A Sacrifice** Drama starring Eric Bana. (2024, 15, 94min) ★★★
5.00 **Oppenheimer** Epic biopic. (2023, 15, 180min) ★★★★★

8.00 Molly's Game Aaron Sorkin's fact-based drama about Molly Bloom, a skier who ran the world's most exclusive high-stakes poker game and became an FBI target. Stars Jessica Chastain and Idris Elba. (2017, 15, 137min) ★★★★
10.20 **Love Story** Romantic melodrama starring Ali MacGraw and Ryan O'Neal as young lovers whose idyllic romance is struck by tragedy. (1970, PG, 100min) ★★★★

12.05 AM **Miss You Already** Comedy drama. (2015, 12, 112min) ★★★
2.00 **Burlesque** Musical romantic drama. (2010, 12, 119min) ★★★
4.00 **Sky Cinema Preview**
4.25 **to 6.15** AM **Billionaire Boys Club** Drama starring Ansel Elgort. (2018, 15, 108min) ★

Sky Cinema Sci-Fi/Horror

311 311 411 511 525

6.40 AM **Night Swim** As 12.10am.
8.25 **The Ring Two** Horror sequel. (2004, 15, 110min) ★★★
10.20 **The Ring** Chiller remake. (2002, 15, 115min) ★★★
12.20 PM **Ouija** Horror chiller. (2014, 15, 87min) ★★
1.55 **Constantine** As 10.05pm.
4.05 **Men in Black** Sci-fi action comedy starring Will Smith. (1997, PG, 94min) ★★★★

5.50 **Stargate** Sci-fi adventure with Kurt Russell and James Spader. (1994, PG, 125min) ★★★★
8.00 **Blade Runner** Ridley Scott's thriller starring Harrison Ford as the bounty hunter in pursuit of five highly dangerous 'replicants'. With Rutger Hauer. (1982, 15, 130min) ★★★★★
10.05 **Constantine** Supernatural horror thriller based on the *Hellblazer* comic books, starring Keanu Reeves and Rachel Weisz. (2005, 15, 121min) ★★★

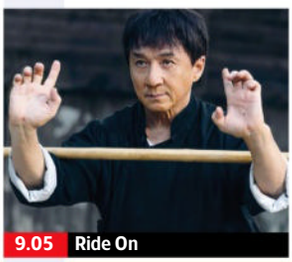
12.10 AM **Night Swim** Horror. (2024, 15, 98min) ★
1.55 **The Collector** Thriller. (1965, 15, 119min) ★★★
4.00 **Tarot** Horror starring Harriet Slater. (2024, 15, 92min) ★★
5.35 **to 6.00** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.10 AM **The Karate Kid** Adventure. (2010, PG, 140min) ★★★
8.35 **Spy Kids 3: Game Over** Sci-fi comedy adventure sequel. (2003, U, 84min) ★★★
10.05 **Monster Trucks** As 11.15pm.
12.00 NOON **Ride On** As 9.05pm.
2.15 PM **My Penguin Friend** Drama. (2024, PG, 105min) ★★★★
4.00 **Stuart Little** Fantasy. (1999, U, 84min) ★★★★★
5.30 **Stuart Little 2** Fantasy sequel. (2002, U, 78min) ★★★★



9.05 Ride On

6.55 **Stardust** Fantasy comedy starring Claire Danes and Charlie Cox. (2007, PG, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.05 **Ride On** Chinese action drama starring Jackie Chan. A washed-up stuntman becomes an overnight sensation when his fight with debt collectors goes viral. With Liu Haocun and Kevin Guo. Subtitled. (2023, PG, 126min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **Monster Trucks** Fantasy. (2016, PG, 104min) ★★★
1.05 AM **Beethoven's 2nd** Comedy sequel with Charles Grodin. (1993, U, 89min) ★★
2.40 **Look Who's Talking Now** Comedy sequel starring John Travolta. (1993, 12, 95min) ★
4.20 **Pups United** Adventure. (2015, U, 89min) ★★★
5.55 **to 7.25** AM **Big Fat Liar** Teen comedy with Frankie Muniz. (2002, PG, 88min) ★★★

Sky Cinema Action

307 307 407 507 521

6.25 AM **Saving Private Ryan** World War Two drama. (1998, 15, 169min) ★★★★★
9.20 **Ghost Rider: Spirit of Vengeance** Adventure sequel. (2012, 12, 91min) ★★
11.00 **Wonder Woman** Fantasy. (2017, 12, 121min) ★★★★
1.25 PM **Furiosa: A Mad Max Saga**
4.00 **The Legend of Tarzan** Action adventure starring Alexander Skarsgård. (2016, 12) ★★★
5.55 **Meg 2: The Trench** (2023)

10.10 Furiosa: A Mad Max Saga

8.00 **Godzilla** Fantasy thriller remake starring Aaron Taylor-Johnson and Bryan Cranston. A giant monster may be the only hope of stopping a race of underground creatures on a deadly global rampage. With Elizabeth Olsen and Ken Watanabe. (2014, 12, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Furiosa: A Mad Max Saga** Fantasy adventure starring Anya Taylor-Joy and Chris Hemsworth. (2023, 15, 148min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Meg 2: The Trench** Action thriller sequel. (2023, 12, 115min) ★★★
2.35 **The Italian Job** Thriller inspired by the classic 1960s film. (2003, 12, 110min) ★★★
4.30 **The Cinema List: Jurassic**
4.50 **to 6.40** AM **Once Upon a Time in China and America** Hong Kong adventure. Subtitled. (1997, 15, 102min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.15 AM **Sometimes I Think...**
8.55 **Ace Ventura Pet Detective** Comedy. (1993, 12) ★★★★
10.30 **The Naked Gun 33⅓: The Final Insult** (1994, 12) ★★★
12.00 NOON **Miss Congeniality** Comedy. (2000, 12) ★★★★
2.00 PM **Miss Congeniality 2: Armed and Fabulous** (2005)
4.05 **Dumb and Dumber** Comedy. (1994, 12, 107min) ★★★
6.00 **Dumb and Dumber To** Comedy sequel. (2014, 15) ★★

8.00 Singin' in the Rain

8.00 **Singin' in the Rain** Classic musical about the transition from silents to talkies in 1920s Hollywood. Stars Gene Kelly, Donald O'Connor and Debbie Reynolds. (1952, U, 102min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Chalet Girl** Romantic comedy starring Felicity Jones and Ed Westwick. A former skateboarding champion gets a job as a ski resort chalet girl and falls for her boss's son. (2011, 12, 97min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Sometimes I Think About Dying** Comedy drama. (2023, 12, 93min) ★★★
1.15 AM **The Back-Up Plan** Romantic comedy with Jennifer Lopez. (2010, 12, 100min) ★★
3.05 **LaRoy, Texas** Crime caper. (2023, 15, 112min) ★★★★
5.05 **to 6.50** AM **Breaking News in Yuba County** Comedy drama. (2021, 15, 96min) ★★★

Sky Cinema Thriller

309 309 409 509 523

7.15 AM **Rashomon** As 3.45am.
8.55 **Kindred** As shown at 6.10pm.
10.45 **The Perfect Storm** Fact-based action drama. (2000, 12, 129min) ★★★★
1.05 PM **The Italian Job** Crime caper starring Michael Caine. (1969, PG, 100min) ★★★★★
2.55 **Head Count** As 12.30am.
4.30 **Parallel** Fantasy thriller. (2024, 15, 88min) ★★★★
6.10 **Kindred** Horror thriller. (2021, 15, 101min) ★★★

8.00 The Equalizer

8.00 **The Equalizer** Action thriller starring Denzel Washington and Chloë Grace Moretz. An ex-secret agent fights to bring down a crime syndicate after coming to the aid of an abused prostitute. With Marton Csokas and David Harbour. (2014, 15, 132min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **The Equalizer 2** Thriller sequel starring Denzel Washington. When a CIA friend is killed, vigilante Robert McCall sets out to avenge her death. (2018, 15, 121min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Head Count** Thriller. (2023, 15, 77min) ★★★
2.05 **Parallel** As shown at 4.30pm.
3.45 **Rashomon** Japanese director Akira Kurosawa's drama. (1950, b/w, 12, 88min) ★★★★★
5.25 **to 7.20** AM **American Star** Thriller starring Ian McShane. (2023, 15, 107min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Cover Girl** Vintage musical. (1944, b/w, U, 100min) ★★★★
1.10 PM **El Dorado** Howard Hawks Western starring John Wayne. (1966, PG, 126min) ★★★★
3.45 **The Remains of the Day** Merchant-Ivory period drama starring Anthony Hopkins. (1993, U, 134min) ★★★★★
6.30 **Hidden Figures** Fact-based drama starring Taraji P Henson. (2016, PG, 127min) ★★★★

9.00 Prey

Hidden Figures (film started at 6.30pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Prey** Sci-fi thriller prequel to *Predator*, starring Amber Midthunder. An otherworldly creature with cloaking technology hunts 18th-century Comanches on the Northern Great Plains. (2022, 15, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10.55 **Predator** Sci-fi action fantasy starring Arnold Schwarzenegger. (1987, 15, 107min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

1.05 **to 3.35** AM **The Shape of Water** Guillermo del Toro's Oscar and Bafta-winning fantasy drama starring Sally Hawkins, Michael Shannon and Octavia Spencer. (2017, 15, 123min) ★★★★★

11 PM

+1hour 314 430 47 301 257

Sky Cinema 2025 Recap

302 302 402 502 516

6.45 AM **Twilight of the Warriors: Walled In** Crime thriller. (2024, 15, 126min) ★★★
8.55 **The 4:30 Movie** Comedy. (2024, 15, 88min) ★★★
10.30 **Parachute** As 5.00am.
12.30 PM **The Good Half** As 1.40am.
2.15 **Fight or Flight** Action thriller. (2025, 15, 98min) ★★★
4.00 **A Different Man** Thriller. (2024, 15, 112min) ★★★★

6.00 **The Bikeriders** Drama starring Tom Hardy and Jodie Comer. (2023, 15, 116min) ★★★★
8.00 **Trap** Thriller with Josh Hartnett. A serial killer tries to evade a police blockade while attending a concert with his daughter. (2024, 15, 105min) ★★★★
9.50 **Speak No Evil** Horror starring James McAvoy. A dream holiday turns into a nightmare when an American family stay at a British couple's idyllic estate. (2024, 15, 110min) ★★★★

11.45 **Greedy People** Comedy thriller. (2024, 15, 113min) ★★★★
1.40 AM **The Good Half** Comedy drama. (2023, 15, 96min) ★★★
3.20 **Skincare** Black comedy thriller. (2024, 18, 86min) ★★★
5.00 **to 6.50** AM **Parachute** Comedy drama. (2023, 15) ★★★★

Sky Cinema Greats

304 304 404 504 518

7.30 AM **Through a Glass Darkly**
9.15 **The Man Who Shot Liberty Valance** As shown at 1.20am.
11.25 **Two Mules for Sister Sara** Comedy Western set in Mexico. (1969, 15, 114min) ★★★
1.25 PM **The Bridge on the River Kwai** David Lean's war drama. (1957, PG, 161min) ★★★★★
4.10 **True Grit** Vintage Western. (1969, PG, 128min) ★★★★★

6.20 **Stand by Me** Nostalgic drama. (1986, 15, 89min) ★★★★★
8.00 **Schindler's List** Steven Spielberg's Oscar-winning historical drama starring Liam Neeson, Ben Kingsley and Ralph Fiennes. An Austro-German businessman wheels and deals with the Nazis to save the lives of over 1,000 Jews. (1993, 15, 195min) ★★★★★
11.25 **Lost in Translation** Bittersweet romantic comedy drama. (2003, 15, 102min) ★★★★★

1.20 AM **The Man Who Shot Liberty Valance** Western. (1962, b/w, U, 122min) ★★★★★
3.40 **Through a Glass Darkly** Ingmar Bergman's drama. (1959, b/w, 15, 91min) ★★★★
5.25 **to 7.15** AM **Flashdance** Dance drama. (1983, 15, 96min) ★★★

Sky Cinema Animation

305 305 412 500 514

6.15 AM **The Swan Princess** (1994)
7.50 **The Night Before Christmas in Wonderland** Animation. (2024, U, 80min) ★★★★
9.25 **The Amazing Maurice** (2022)
11.05 **Kung Fu Panda 4** Animated comedy adventure sequel. (2023, PG, 94min) ★★★
12.45 PM **Madagascar: Escape 2 Africa** Animated comedy sequel. (2008, PG, 89min) ★★★

2.20 **Monsters vs Aliens** Animation. (2009, PG, 90min) ★★★
4.00 **Shrek** Animated comedy. (2001, U, 90min) ★★★★★
5.40 **The Emoji Movie** Animated adventure. (2017, U, 83min) ★
7.15 **Transformers One** Animation. (2024, PG, 104min) ★★★★
9.05 **The Amazing Maurice** Animation. (2022, PG) ★★★★
10.45 **Tom and Jerry Cowboy Up!** Animation. (2021, U) ★★★
12.05 AM **The Canterville Ghost** Animation. (2023, PG) ★★

1.40 **The Swan Princess** Animation. (1994, U, 89min) ★★★
3.15 **Batman Unlimited: Animal Instincts** Animated adventure. (2015, PG, 74min) ★★
4.40 **to 6.25** AM **The Inventor** Animated family adventure. (2023, PG, 100min) ★★★

Movies 24

312 313 419

7.00 AM **A Fabled Holiday** Romantic fantasy. (2022, PG, 90min) ★★
9.00 **A Christmas Cookie Catastrophe** Romantic comedy drama. (2022, PG, 90min) ★★
11.00 **Jolly Good Christmas** Comedy. (2022, PG, 90min) ★★
1.00 PM **A Christmas Star** Romantic drama. (2021, PG, 84min) ★★
3.00 **A Christmas Less Travelled** Drama. (2024, PG, 90min) ★★

5.00 **Christmas Angel** Comedy. (2009, PG, 87min) ★★★
7.00 **The Gift of Peace** Drama with Nikki Deloach and Brennan Elliott. (2022, PG, 84min) ★★
9.00 **A Very Vermont Christmas** Drama starring Katie Leclerc and Ryan McPartlin. A champion skier and a brewmaster team up to create a seasonal beer to save a family business. (2024, PG, 88min) ★★
11.00 **A Carol For Two** Romantic drama. (2024, PG, 90min) ★★

1.00 AM **Three Wiser Men and a Boy** Festive comedy. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **All I Need For Christmas** Romantic drama. (2024, PG, 90min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Sherlock Holmes** (S1)
6.35 **Look at Life**
6.50 **The Chase** Crime thriller. (1946, b/w, PG, 86min) ★★
8.35 **The Lady Craved Excitement** Thriller. (1950, b/w, U, 73min) ★★
9.55 **Sea Devils** Romantic adventure. (1953, U, 91min) ★★
11.40 **The Court Martial of Major Keller** Courtroom drama. (1961, b/w, PG, 69min) ★★★

1.00 PM **Piccadilly Incident** World War Two melodrama. (1946, b/w, PG, 102min) ★★
3.00 **Crown Court** Triple bill.
4.30 **What's On TPTV with Noel**
4.40 **The Railway Children** Family drama. (2000, U, 108min) ★★★
6.45 **Four Hits and a Mister**
7.00 **Sailor of Fortune** 4/26. (S1)
7.30 **The Cheaters** 6/27. (S2)
8.00 **The Brothers** 4/16. (S7)
9.05 **Remember My Name** Cult director Alan Rudolph's offbeat drama. (1978, 15, 96min) ★★★

11.05 **The File of the Golden Goose** Thriller. (1969, PG, 102min) ★★
1.10 AM **A Christmas Wish** Comedy. (1950, b/w, U, 88min) ★★
3.00 **This Week of Grace** Comedy. (1933, U, 92min) ★★★
4.50 **to 6.00** AM **Hangman's Wharf** Drama. (1950, b/w, U) ★★★

THURSDAY Sport

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
8.30 **LIVE DP World Tour Golf** Coverage of the opening day of the Scottish Open at Renaissance Club in North Berwick.
10.00 **LIVE Test Cricket England v India.** Coverage of the first day of the third Test in the five-match series at Lord's in London. The last time these two teams met at this venue was back in August 2021, in a match that saw the visitors come away with a 151-run victory in the second Test. England were bowled out for just 120 in their chase of 272 to win, as India took a 1-0 lead in the five-match series.
6.55 PM **LIVE T20 Blast Cricket Derbyshire Falcons v Worcestershire Rapids.** The North Group match from the County Ground in Derby. These two sides met just once last year in Worcester as the Falcons came away with a five-wicket victory.
10.15 **LIVE PGA Tour Golf** Day one of the ISCO Championship from Hurstbourne Country Club Championship Course in Louisville.
12.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
10.00 **Premier League Years**
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **PL Retro** A chance to see the match between Leicester City and Manchester United in 2014.
3.00 **Premier League 100 Club**
4.00 **Premier League Icons**
5.00 **Premier League Highlights**
8.00 **Gary Neville's Soccerbox**
9.00 **Outraged: Football's Discrimination** Some of football's big names such as Paul Pogba, Megan Rapinoe, Ruud Gullit and Lucy Bronze give their view on racism, sexism and homophobia.
10.00 **Class of '92: Full Time** Despite having a new manager in place, and a trip to Wembley on the horizon, Salford City are struggling to keep pace with the league leaders.
11.00 **Premier League Icons**
12.00 M'T **Premier League Legends**
1.00 AM **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Best PL Goals 97/98**
5.00 **Premier League 100 Club**
5.30 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Cup Retro**
8.00 **Best Scottish Premiership Goals 2022/23** Classic strikes.
8.30 **Best Scottish Premiership Goals 2023/24** The best goals.
9.00 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **EFL Cup Highlights**
11.30 **EFL** A round-up of the best goals from the 2017/18 season.
12.00 NOON **EFL Cup Retro**
2.00 PM **SPFL Special: Celtic's Invincibles** Celtic's unbeaten 2016/17 domestic campaign.
3.00 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **SPFL** A look back at the best goals of the 2009/10 season.
5.30 The 2010/11 season.
6.00 **Championship Retro** Charlton Athletic v Sunderland in the 1998 Championship play-off final.
8.45 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.00 **Best Scottish Premiership Goals 2021/22**
11.30 **SPFL** The 2014/15 season.
12.00 M'T **SPFL Special: Celtic's Invincibles** Documentary.
1.00 AM **SPFL** The 2009/10 season.
1.30 **to 6.00** AM **SPFL Greatest Games**

Sky Sports Cricket

404 404 514 504 422 442

6.00 AM **Test Cricket** England v India.
10.00 **LIVE Test Cricket England v India.** The first day of the third Test in the five-match series from Lord's in London. The last time these two teams met at this venue was back in August 2021, a match that saw the visitors come away with a victory in the second Test.
6.55 PM **LIVE T20 Blast Cricket Derbyshire Falcons v Worcestershire Rapids.** The North Group match at the County Ground. These two sides met just once last year in Worcester as the Falcons came away with a five-wicket victory. The Rapids made 169-8 in their 20 overs thanks to Ed Pollock's 67 from 47 balls, before the Falcons won the match on the last ball of their innings.
10.15 **Ashes Greats** Player profiles.
10.45 **Best of ICC WT20**
11.00 **Test Cricket** England v India.
12.00 M'T **Best of ICC WT20**
12.15 AM **Test Cricket Bitesize**
12.30 **Vitality T20 Blast Cricket**
3.50 **Ashes Greats** Adam Gilchrist.
4.00 **Test Cricket** England v India.
5.00 **to 6.00** AM **Best of England v India**

Sky Sports Golf

405 405 515 505 423 443

6.00 AM **Ladies European Tour Golf**
7.00 **Asian Tour Golf**
8.00 **HotelPlanner Tour Golf Highlights** Recent action.
8.30 **LIVE DP World Tour Golf** Coverage of the opening day of the Scottish Open at Renaissance Club in North Berwick. Scotland's Robert MacIntyre won this event last year after he finished one shot clear of Australian Adam Scott.
7.00 PM **This Is Open Country**
8.00 **PGA Tour: The Cut**
8.30 **LPGA Tour Golf** Highlights.
9.30 **LIVE PGA Tour Golf** Coverage of the opening day of the ISCO Championship from Hurstbourne Country Club Championship Course in Louisville, Kentucky.
12.30 AM **LPGA Tour Golf**
1.30 **Asian Tour Golf** From Morocco.
2.30 **Golf Academy** Full swing tips.
3.00 **LPGA Tour Golf** Highlights.
4.00 **DP World Tour Golf**
5.00 **to 6.00** AM **Golf Academy**

Sky Sports Tennis

407 407 537 520 425 445

6.00 AM **US Open Classic Matches**
7.00 **Tennis** The 2024 US Open.
11.00 **ATP Tennis** Washington Open.
12.00 NOON **WTA Tennis** The 2024 Washington Open women's final.
1.00 PM **US Open Classic Matches**
3.00 **ATP Tennis** Recent finals.
5.00 **WTA Tennis** Washington Open.
6.00 **Tennis** The 2024 US Open.
10.00 **ATP Tennis** Croatia Open final.
11.00 Washington Open final.
12.00 M'T **WTA Tennis** Highlights.
1.00 AM **US Open Classic Matches**
3.00 **Tennis** The 2024 US Open.
5.00 **to 6.00** AM **US Open Tennis Classic Matches**

TNT Sports 1

410 413 521 408 430

6.00 AM **UEFA Champions League**
6.30 **Cycling: Tour de France**
7.30 **Wimbledon** Day ten highlights.
9.00 **TNT Sports Reload**
9.15 **Cycling: Giro d'Italia**
10.15 **Cycling: Tour de France**
11.15 **LIVE Cycling: Tour de France** Coverage from the sixth stage, a 201.5km route from Bayeux to Vire Normandie. The sixth stage of last year's race ran from Mâcon to Dijon and saw the riders cycle 163.5 km, with the Netherland's Dylan Groenewegen picking up his one and only stage victory of 2024.
5.00 PM **TNT Sports Reload**
5.30 **MLB Plays of the Week**
6.00 **LIVE MLB Minnesota Twins v Chicago Cubs.** Coverage of the inter-league match staged at Target Field. Start-time **6.10pm**.
9.15 **MLB: Off the Bat**
9.45 **Premier League Stories**
10.15 **The Gruppetto** Cycling action.
10.30 **The Club That George Built**
12.00 M'T **Fishing: On the Bank**
1.00 AM **T100 Triathlon World Tour**
2.00 **Wimbledon** Action from day 11.
3.30 **TNT Sports Reload**
4.00 **WNBA** NY Liberty v Seattle Storm.
5.00 **to 6.00** AM **Cycling: Giro d'Italia**

TNT Sports 2

411 414 522 409 431

6.00 AM **UTMB World Series**
7.00 **Cliff Diving World Series**
8.00 **MLB Plays of the Week**
8.30 **One Day International Cricket**
9.30 **Test Cricket Highlights**
11.30 **TNT Sports Cricket Reload**
11.45 **LIVE Cycling: Giro d'Italia** Coverage of the fifth stage of this year's women's race, a 108km route from Mirano to Monselice.
1.45 PM **Golden Trail World Series**
2.15 **TNT Sports Reload**
2.30 **TNT Sports Cricket Reload**
2.45 **LIVE T20 Cricket Sri Lanka v Bangladesh.** Coverage of the first T20 in the three-match series from Pallekele International Cricket Stadium in Kandy. These two sides have a fairly equal record over the last 10 T20 meetings since 2018, with Sri Lanka just edging it thanks to six victories compared to Bangladesh's four.
6.30 **Test Cricket Highlights**
8.30 **Spirit of Yachting**
9.00 **AFL** Blues v Lions.
10.30 **UFC Connected**
11.00 **UFC Reloaded** UFC 217.
1.30 AM **Ultimate Pool**
3.00 **Cliff Diving World Series**
4.00 **to 6.00** AM **Test Cricket**

Sky Sports Action

408 408 517 507 426 446

6.00 AM **British and Irish Lions Tour**
8.00 **Rugby Union Retro**
8.45 **British and Irish Lions Tour**
9.45 **NRLW** Sydney Roosters v Cronulla-Sutherland Sharks.
10.45 **LIVE NRLW Tigers v Bulldogs.** Coverage of the match in the second round of fixtures staged at Campbelltown Sports Stadium in Sydney. Kick-off **10.45am**.
12.30 PM **British and Irish Lions Tour** Brumbies v British & Irish Lions staged at GIO Stadium, Canberra.
1.30 **The Rugby Championship**
5.45 **Lions Legends** Mervyn Davies.
6.00 **British and Irish Lions Tour**
7.00 **Lions Legends** Double bill.
7.30 **LIVE Super League Hull FC v Wakefield Trinity.** Coverage of the top-flight match from MKM Stadium. Both teams are battling to secure a place in the play-offs and it was FC who claimed a hard-fought 16-12 victory in the reverse fixture at Belle Vue in March. Kick-off **8.00pm**.
10.15 **Rugby Heaven: On the Road**
11.15 **British and Irish Lions Tour**
3.15 AM **Lions Legends** Triple bill.
4.00 **to 6.00** AM **The Rugby Championship**

Sky Sports Sky Sports+

412 410 518 508 427 447

6.00 AM **EFL Highlights**
7.00 **Good Morning Sports Fans**
10.00 **Sky Sports News**
11.00 **LIVE LPGA Tour Golf** Coverage of day one of the Evian Championship at Evian Resort Golf Club in Evian-les-Bains, France. Japan's Ayaka Furue won this event last year by one stroke ahead of Australia's Stephanie Kyriacou, as she finished on 19-under-par to claim her first Major title.
5.00 PM **Sports Centre**
6.30 **Best of the 2016 Blast**
6.55 **LIVE T20 Blast Cricket Derbyshire Falcons v Worcestershire Rapids.** Coverage of the North Group match staged at The County Ground in Derby. These two sides met just once last year in Worcester as the Falcons came away with a five-wicket victory.
10.15 **Best of T20 Blast Finals Day**
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
12.00 M'T **EFL Highlights**
2.00 AM **EFL** Action from Sheffield United v Sunderland at Wembley.
3.00 **EFL Highlights**
5.00 **to 6.00** AM **EFL**

Sky Sports Mix

416 412 510 429 449

6.00 AM **Women's International T20 Cricket** England v India.
10.00 **Ladies European Tour Golf**
11.00 **LIVE LPGA Tour Golf** Coverage of day one of the Evian Championship at Evian Resort Golf Club in Evian-les-Bains. Japan's Ayaka Furue won this event last year by one stroke ahead of Australia's Stephanie Kyriacou, as she finished on 19-under-par to claim her first Major title.
5.00 PM **Formula 1** British Grand Prix.
6.00 **Indycar** Indy 200 at Mid-Ohio.
7.00 **Asian Tour Golf** From Morocco.
8.00 **Tennis** Jannik Sinner v Taylor Fritz at the 2024 US Open.
9.00 Aryna Sabalenka v Jessica Pegula at the 2024 US Open.
10.00 **Asian Tour Golf** From Morocco.
11.00 **Indycar** Indy 200 at Mid-Ohio.
12.00 M'T **PL Greatest Games**
1.00 AM **Tennis** The 2024 US Open.
3.00 **EFL Greatest Games**
4.00 **Tennis** The 2024 US Open.
5.00 **to 6.00** AM **Golf Academy**

TNT Sports 3

413 415 523 410 432

6.00 AM **Premier League**
9.00 **Sign Up – Into Football**
10.00 **Training Day** Tim Henman.
10.15 **LIVE AFL Carlton Blues v Brisbane Lions.** Coverage of the match from Marvel Stadium in Melbourne. Bounce-up **10.30am**.
1.30 PM **MLB Highlights**
2.30 **Premier League**
4.00 **WNBA** NY Liberty v Seattle Storm.
5.00 **The FA Disability Cup**
6.00 **Sign Up – Into Football**
7.00 **Cycling: Giro d'Italia** The fifth stage of the women's race in Italy.
8.00 **Cycling: Tour de France** Action from the sixth stage of the race.
9.00 **Rolex Grand Slam** In Aachen.
10.00 **Wimbledon** Action from day 11.
11.30 **Cycling: Giro d'Italia**
12.30 AM **Cycling: Tour de France**
1.30 **TNT Sports Cricket Reload**
2.00 **MLB: Off the Bat**
2.30 **AFL** Blues v Lions.
4.00 **to 6.00** AM **V8 Supercars Highlights**

TNT Sports 4

414 416 524 411 434

6.00 AM **Serie A** Bologna v Juventus.
7.00 Torino v Inter Milan.
8.00 Napoli v Genoa.
9.00 Action from Parma v Napoli.
10.00 Inter Milan v Lazio.
11.00 Napoli v Cagliari.
12.00 NOON **Serie A** Como v Inter Milan.
1.00 PM **British Speedway** Oxford Spires v Ipswich Witches.
2.00 **British Superbikes Highlights**
3.00 **FIM JuniorGP Championship** From Nevers Magny-Cours.
7.30 **FIM Speedway Grand Prix Highlights** Action from the sixth round of the season in Malilla.
8.30 **Cliff Diving World Series** Action from Polignano a Mare in Italy.
9.30 **Born Racers** Ice racing.
10.30 **British Superbikes Highlights** The fourth round in Knockhill.
11.30 **British Speedway**
12.30 AM **FIM Speedway Grand Prix Highlights** From Malilla, Sweden.
1.30 **to 6.00** AM **FIM JuniorGP Championship**

Premier Sports 1

419 551

6.00 AM **Ultimate Karting Championship** Recent action.
9.00 **Transworld Sport** Magazine.
10.00 **FIM Sidecarcross** From Lommel.
11.00 **DTM Highlights** From Norisring.
12.00 NOON **PSA Squash Highlights**
1.00 PM **MotorSport** Valentino Rossi.
1.30 **UK Independent Kart Racing**
3.00 **NASCAR Highlights**
4.00 **Transworld Sport** Magazine.
5.00 **LaLiga Specials** Season review.
6.00 **DTM Highlights** From Norisring.
7.00 **World Surf League**
8.00 **NASCAR Highlights**
9.00 **UK Independent Kart Racing**
10.30 **LaLiga Specials** Goalkeepers.
11.00 **PSA Squash Highlights**
12.00 M'T **MotorSport** Valentino Rossi.
12.30 AM **LaLiga Specials**
1.30 **Transworld Sport** Magazine.
2.30 **DTM Highlights** From Norisring.
3.30 **Trail Menorca** Recent action.
4.00 **World Surf League**
5.00 **to 6.00** AM **FIA World Endurance Championship**

Premier Sports 2

420 552

6.00 AM **Coppa Italia** The final.
8.00 **LaLiga Specials** Archive action.
9.00 **FastZone** Motorsports.
9.30 **Temples of Sport**
10.00 **Major League Cricket**
2.30 PM **FastZone** Motorsports.
3.00 **Bike World** Magazine.
3.30 **LaLiga Specials** Archive action.
4.30 **UEFA Champions League** Another chance to see the match between Shelbourne and Linfield.
6.30 **Football's Greatest** The finest players ever discuss their careers.
7.30 **EPCR Challenge Cup** A chance to see Bath v Lyon in the final.
9.50 **LaLiga Match Highlights** Action from Barcelona v Real Madrid.
10.00 **Copa Del Rey** Barcelona v Real Madrid from this year's final.
1.00 AM **NHL Ice Hockey** Edmonton Oilers v Florida Panthers from game five of the Stanley Cup Finals staged at Rogers Place.
3.00 **Top 14 Rugby Union** The final.
5.00 **to 6.00** AM **Temples of Sport**

Sky Sports F1

406 406 516 506 424 444

6.00 AM **Indycar** Indy 200.
8.30 **Formula 3** British Grand Prix.
10.30 **Formula 2** From Silverstone.
1.00 PM **Formula 1** British Grand Prix.
3.00 **Ted's Notebook**
3.30 **Formula 1** British Grand Prix.
5.45 **Ted's Notebook**
6.15 **Adrian Newey IV**
6.30 **Formula 1** British Grand Prix.
7.30 **Indycar** Indy 200 at Mid-Ohio.
8.30 **Formula 1** Another chance to see the British Grand Prix.
10.45 **Ted's Notebook**
11.15 **Carlos Sainz & the Lie Detector**
11.30 **Indycar** Indy 200 at Mid-Ohio.
12.30 AM **F1 Feature**
1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Friday

11 July

Evening Planner

Musical

Wicked

Sky Premiere, 10am & 8pm

Cynthia Erivo, Ariana Grande and Jonathan Bailey star in the big-screen adaptation of the Broadway hit musical.

Factual

Jaws @ 50: The Definitive Inside Story

National Geographic, 8pm & Disney+

Steven Spielberg looks back at his experience of making the blockbuster.

Drama

Chicago Fire, Chicago Med & Chicago PD

Sky Witness, from 8pm

The first responders race to save civilians after an explosion in a crossover special.

OnDemand

Paramount+

Dexter: Resurrection

Available today

Our favourite serial killer (Michael C. Hall) is back from the dead, making friends with other killers in New York.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 EastEnders	7.30 Football: Women's Euro 2025 – Live: Italy v Spain (Kick-off 8.00)					10.10 News; Local News	
	102 BBC2	‹ 3.00 Wimbledon – Live: Day 12		8.00 Today at Wimbledon		9.00 Earth's Great Rivers II		10.00 Rev	10.30 Newsnight
	103 ITV1	‹ 6.30 News †	7.30 Emmerdale	8.00 Coronation Street		9.00 Noel Edmonds' Kiwi Adventure		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Our Yorkshire Shop: A Victorian...		9.00 Celebrity Gogglebox		10.00 First Dates	
	105 5	7.00 A Yorkshire Farm		8.00 Today at the Great Yorkshire Show		9.00 William & Harry: Love & Betrayal			
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 A League of Their Own		9.00 And Just Like That...		10.00 Mr Bigstuff	
ENTERTAINMENT	115 BBC3	7.00 Deadly Dinosaurs with Steve Backshall		8.00 Interior Design Masters with Alan Carr		9.00 Film: Marry Me			
	116 BBC4	7.00 Today at the Test		8.00 All New Top of the Pops		9.10 Queen at the BBC		10.10 Queen: The Legendary 1975...	
	118 ITV2	7.00 Deal or No Deal		8.00 Million Dollar Listing: LA		9.00 Love Island		10.05 Family Guy	
	136 MORE4	‹ 6.55 The Dog House Australia	7.55 The Dog House			9.00 The Sommerdahl Murders			
	135 E4	7.00 The Simpsons		8.00 Below Deck: Mediterranean		9.00 Film: The Spy Who Dumped Me			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Chicago Fire		9.00 Chicago Med		10.00 Chicago PD	
	108 SKY ATLANTIC	‹ 6.40 Westworld	7.40 Game of Thrones			9.00 Mare of Easttown		10.10 The Wire	
	110 U&GOLD	‹ 6.50 Open All...	7.30 Dad's Army	8.05 The Vicar of Dibley			9.25 Not Going Out	10.00 The Royle Family	10.35 The Fast...
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Agatha Christie's Poirot	
	120 ITV4	7.00 Tour de France Highlights		8.00 The 1% Club		9.00 Film: The Enforcer			
	112 COMEDY CENTRAL	‹ 6.55 Friends				9.00 Michael McIntyre's Big Show		10.00 Whose Line Is It Anyway? USA	
	139 SKY SCI-FI	7.00 Atlantis		8.00 Stargate Atlantis		9.00 From the Earth to the Moon		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 Karl Pilkington: The Moaning of Life		9.00 Rob Beckett's Smart TV		10.00 Mr Bigstuff	
	109 U&ALIBI	7.00 Shakespeare & Hathaway		8.00 Beyond Paradise		9.00 Death in Paradise			
	130 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Guy Garvey: From the Vaults		9.00 Opry Live		10.00 Marillion: All One Tonight	
	132 U&W	7.00 The Shift: Women on the Force		8.00 Inside the Ambulance: Coast and...		9.00 999 Rescue Squad			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers		8.00 Gold Rush: White Water		9.00 Expedition Files		10.00 Blowing Up History	
	162 ANIMAL PLANET	7.00 Animal Cribs		8.00 Dodo Heroes		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Jaws @ 50: The Definitive Inside Story				10.00 Inside Airport Lost & Found	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Britain's Most Historic Towns		9.00 Thomas Jefferson		10.00 Kennedy	
	155 U&YESTERDAY	7.00 Great American Railroad Journeys		8.00 Warbird Workshop		9.00 'Allo 'Allo!			
	121 SKY DOCS	‹ 6.50 Surviving Ohio State				9.00 Spitfire			
FILMS – Sky Cinema	301 PREMIERE	‹ 5.30 Joker: Folie à Deux		8.00 Wicked					
	302 2025 RECAP	‹ 5.30 Gladiator II		8.00 Wicked					10.40 Old Guy
	303 EPIC WORLDS	‹ 6.15 The Wild Robot		8.00 Wicked (Singalong Version)					
	304 GREATS	‹ 6.10 Footloose		8.00 Grease				9.55 Grease 2	
	305 ANIMATION	‹ 5.40 Smurfs...	7.25 The Garfield Movie			9.15 Monster Family			
	306 FAMILY	‹ 5.45 Johnny...	7.30 The Smurfs			9.20 The Smurfs 2			
	307 ACTION	‹ 6.10 Charlie's Angels		8.00 Charlie's Angels: Full Throttle				10.00 Meg 2: The Trench	
	308 COMEDY	‹ 6.25 Disaster Movie		8.00 Anyone But You				10.00 The Back-Up Plan	
	309 THRILLER	‹ 5.40 In the Line of Fire		8.00 Captain Phillips					10.25 Vertigo
	310 DRAMA	‹ 6.35 My First Summer		8.00 Bob Marley: One Love				9.55 North Hollywood	
	311 SUPERMAN		7.05 Superman III			9.15 Superman IV – The Quest for Peace			
	313 FILM4	‹ 6.45 Independence Day: Resurgence				9.00 The Predator			
SPORT	401 MAIN EVENT	7.00 Sky Sports News	7.30 Betfred Super League – Live: Leeds Rhinos v St Helens (Kick-off 8.00)						10.15 PGA Tour Golf – Live
	402 PREMIER LEAGUE	7.00 Premier League Highlights		8.00 Gary Neville's...	8.30 MNF Special: Pep Guardiola			10.00 Class of '92: Full Time	
	403 FOOTBALL	‹ 6.00 Retro League One				8.45 EFL Greatest Games		10.00 EFL Cup Highlights	
	404 CRICKET	7.00 Vitality T20 Blast Cricket – Live: Lancashire Lightning v Yorkshire Vikings							10.15 Best of ICC WT20
	410 TNT SPORTS 1	7.00 Women's Giro d'Italia		8.00 Men's Tour de France		9.00 Uphill Climb		10.00 Ultimate Pool	
	411 TNT SPORTS 2	7.00 AFL			8.30 Reload	9.00 Cliff Diving World Series		10.00 Cricket Reload	10.30 Test Cricket...

‹ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

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Friday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Crimewatch Caught** A story of deception involving £1 million worth of gold bars. (S)(R)
11.15 **Homes Under the Hammer** Properties in Whitehaven, Norwich and Birmingham. (S)(R)
12.15 PM **Bargain Hunt** New edition Experts Roo Irvine and David Harper assist the teams in Wetherby, West Yorkshire. (S)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 LIVE **Wimbledon** Coverage of day 12 of the Grand Slam tournament at the All England Club, featuring the men's singles semi-finals. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.30 Football: Women's Euro 2025

7 PM

7.00 **EastEnders** Lauren and Peter have a scare, while Ravi takes matters into his own hands. (S)(AD)
7.30 LIVE **Football: Women's Euro 2025** Italy v Spain: All the action from both teams' final match of Group B, held at Stadion Wankdorf in Bern, Switzerland. The teams last met in a friendly in October last year, when they shared the spoils in a 1-1 draw in Vicenza. It was a sign of the progress the Italians have made recently after failing to progress beyond the group stage of the last three major championships they have played in. Kick-off is at 8.00. (S)

8 PM

9 PM

10 PM

10.10 **BBC News** (S)
10.40 **Local News** (S)
10.50 **St Denis Medical** New episode 9/18. Bruce becomes obsessed with trying to stay young. (S1) (S)(AD)
■ Entire series on BBC iPlayer
11.10 **St Denis Medical** New episode 10/18. Ron's bedside manner earns him a complaint from a frustrated patient. (S1) (S)(AD)
11.35 NEW **TRNSMT** Shereen Cutkelvin presents highlights of the first night of the festival from Glasgow Green, where 50 Cent, The Script, Wet Leg, Schoolboy Q, Jamie Webster, Twin Atlantic and James Bay were due to feature. (S)
1.35 AM **Weather for the Week Ahead**
1.40 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.15 AM **Bargain Hunt** (S)(R)(AD)
7.00 **Homes Under the Hammer** (S)(R)
8.00 **Sign Zone: Anna Haugh's Big Irish Food Tour** Boxer Carl Frampton shows Anna around his home city of Belfast. (S)(R)
8.30 **Sign Zone: Great Continental Railway Journeys** In Norway, Michael Portillo travels from Myrdal to Heddal. (S)(R)(AD)
9.00 **BBC News** (S)
12.00 NOON **Political Thinking with Nick Robinson** Topical debate. (S)
12.30 PM LIVE **Wimbledon** Coverage of day 12 of the third Grand Slam tournament of the year, staged at the All England Club. (S)
3.00 LIVE **Wimbledon** Further coverage of the 12th day's play of the Grand Slam tournament from the All England Club. (S)

11.00 The Shining

LIVE **Wimbledon** (started at 3.00pm)

8.00 **Today at Wimbledon** Qasa Alom presents highlights of day 12 from the All England Club, where the men's singles semi-finals were scheduled to take centre stage. (S)

9.00 **Earth's Great Rivers II** The story of the Danube, which gathers water from 19 countries, making it the world's most international river. Along its journey, it takes in alpine forests, raging rapids and diverse cultures. (S)(R)(AD)

10.00 **Rev** 2/6. A fellow priest takes up temporary residence in Adam's church. (S1) (S)(R)(AD)
10.30 **Newsnight** (S)
11.00 FILM **The Shining** Stanley Kubrick's chilling adaptation of the Stephen King bestseller, starring Jack Nicholson and Shelley Duvall. (S)(AD) (1980, 15, 115min) ★★★★★
12.55 AM **Today at the Test** England v India: Action from the second day of the third Test at Lord's. (S)(R)
1.55 **Sign Zone: Love and Loss – The Pandemic 5 Years On** (S)(R)
3.25 **Sign Zone: Greece with Simon Reeve** (S)(R)(AD)
4.25 **to 6.00** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
1.00 PM **ITV News** (S)
1.20 **Local News** (S)
1.30 LIVE **Racing** Ed Chamberlin and Francesca Cumani present coverage of the second day of the July Festival at Newmarket, where the 3.35 Falmouth Stakes is the feature race. With analysis from Jason Weaver and Hayley Turner, reports by Oli Bell and Matt Chapman, and commentary from Richard Hoiles. (S)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 Noel Edmonds' Kiwi Adventure

7.30 **Emmerdale** There is fear at Home Farm, Sarah and Cain seek further guidance, while Nicola sees a new way of working. (S)(AD)

8.00 **Coronation Street** Maria resolves to identify who put Gary in hospital, and his attacker tries to cover their tracks. Meanwhile, Dee-Dee is charmed by a stranger in the Rovers, and Lauren worries about Aadi's motives. (S)(AD)

9.00 **Noel Edmonds' Kiwi Adventure** Series finale 3/3. Noel and Liz's River Haven business is still struggling, so they plan a huge celebration for car lovers to turn things around. (S)(AD)
■ Entire series on ITVX

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 FILM **Thunderball** James Bond adventure starring Sean Connery. When crime syndicate SPECTRE steals two atomic bombs, only agent 007 can save the day. With Claudine Auger, Adolfo Celi and Luciana Paluzzi. (S)(AD) (1965, PG, 140min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.05 AM **Teleshopping**
3.00 **Tour de France Highlights** Action from the seventh stage, a 197km route from St Malo to Mûr-de-Bretagne Guerlédan. (S)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Katie Piper's Weekend Escape** (S)(SL)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 13-16/22. (S1) (S)(R)
8.10 **The King of Queens** (S)(R)(AD)
9.10 **Frasier** 1-4/24. (S5) (S)(R)(AD)
11.10 **Ramsay's 24 Hours to Hell and Back** From California. (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Help! We Bought a Village** (S)(R)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **The Great House Giveaway** Revamping a dated property in Greater Manchester. (S)(R)
5.00 **Chateau DIY** At Château Mas de Pradié, after three years of hard work, Julia is on tenterhooks hosting her first wedding. (S)(R)
6.00 **Sun, Sea and Selling Houses** New edition In Almería, a pair of young-at-heart clients are ready to build a new life in Spain. (S)

8.00 Our Yorkshire Shop

7.00 **News** (S)

8.00 **Our Yorkshire Shop: A Victorian Restoration** New edition The volunteers have finished the elegant cafe, but now need a show-stopping window display. *Previously scheduled for 29 June.* (S)(AD)

9.00 **Celebrity Gogglebox** New edition Some of Britain's best-known personalities turn their hand to being the country's most opinionated viewers, sharing their views on what they have been watching on TV during the week. (S)(AD)

10.00 **First Dates** New edition Rebecca, a Boris Johnson fan, finds her political match in Bradley, Paris and Serena navigate chemistry and chaos over a spilled drink, while seaside-loving midwife Anna meets surfer Luke. (S)(AD)
11.05 **Ramsay's Kitchen Nightmares USA** New edition Gordon Ramsay heads to Jefferson, Louisiana. (S)
12.00 M'T FILM **Stuber** Action comedy. (S) (2019, 15, 100min) ★★
1.40 AM **Ramsay's Kitchen Nightmares USA** (S)(SL)(R)
2.30 **Come Dine with Me** (S)(R)
4.45 **Kirstie and Phil's Love It or List It: Brilliant Builds** (S)(R)(AD)
5.15 **to 6.10** AM **George Clarke's Amazing Spaces** (S)(R)(AD)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley and Guests** (S)
12.30 PM **Vanessa** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 FILM **True Justice** Thriller starring Katherine McNamara. (S) (2023, PG, 100min) ★★
4.00 **Bargain-Loving Brits in the Sun** Katie-Louise organises a charity auction to be played out live on the radio. (S)(R)
5.00 **News** (S)
6.00 **Dogs Behaving (Very) Badly** Graeme Hall meets a German shepherd that barks at anything and anyone, and the constant noise means his owners could be evicted. (S)(R)
6.55 **News** (S)

9.15 Jeremy Vine

7.00 **A Yorkshire Farm** Series finale 3/3. Rob and Dave Nicholson pick sloes from their farm hedgerows before turning them into artisanal chocolate. (S)
7.55 **News** (S)

8.00 **Today at the Great Yorkshire Show** Series finale 2/2. Jules Hudson spends time with the expert falconry team, and Julia Bradbury visits a variety of skilled crafters. (S)

9.00 **William & Harry: Love & Betrayal** Documentary about the princes' fractured relationship, asking whether the strong bond they once shared can ever be mended. (S)(R)

11.50 **Million Pound Motorhomes** A family look for a safe spot to park in the Peak District. (S)(R)
12.50 AM **Entertainment News** (S)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** (S7) (S)(R)(AD)
3.45 **Submarine: Life Under the Waves** HMS *Trenchant.* (S)(R)
4.35 **Paul Martin's Antiques Showdown** (S)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
7.00 **Breakfast with Anna Jones**
8.00 **Border Patrol** (S)(R)(AD)
9.00 **Stargate Atlantis** (S1) (S)(R)
11.00 **New Kids in the Wild** (S)(R)
12.00 NOON **The Flash** (S9) (S)(R)
1.00 PM **Hawaii Five-0** (S8) (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 16/18. (S4) (S)(R)(AD)
5.00 **The Simpsons** *Marge the Meanie:* A surprise from Marge's past sees her bonding with Bart and terrifying Homer. (S)(R)
5.30 *Bart's in Jail!* Grampa falls victim to a phone scam. (S)(R)
6.00 *Meat Is Murder:* Grampa's hidden past comes back to haunt him. (S)(R)
6.30 *Poorhouse Rock:* Homer finally teaches Bart to admire him. (S)(R)

10.00 Mr Bigstuff

7.00 **The Simpsons** *All's Fair in Oven War:* Homer challenges Marge to a cooking competition. (S)(R)
7.30 *Sleeping with the Enemy:* Lisa is teased by her classmates for having a weight problem. (S)(R)

8.00 **A League of Their Own** Guests Anthony Gordon, Big Zuu and Maisie Adam join team captains Jamie Redknapp and Jill Scott, regular panellist Micah Richards and host Romesh Ranganathan. (S)(R)(AD)

9.00 **And Just Like That...** New episode 7/12. *Sex and the City* revival catching up with the lives of Carrie, Charlotte and Miranda. Stars Sarah Jessica Parker, Kristin Davis and Cynthia Nixon. (S3)

10.00 **Mr Bigstuff** 3/6. Glen has to step up as acting manager of World of Carpets. (S)(R)(AD)
10.30 4/6. Lee reveals more information about the dodgy people who are after him. (S1) (S)(R)(AD)

11.00 **Sex and the City** 9/20. Carrie's designer shoes go missing at a party. (S)(R)
11.40 10/20. Miranda and Robert grow closer. (S6) (S)(R)
12.15 AM **The Force: North East** (R)
1.10 **Brit Cops: Law & Disorder** (R)
2.05 **Road Wars** (S)(R)
3.00 **NCIS: Los Angeles** (S13) (S)(R)
4.00 **S.W.A.T.** 16/18. (S4) (S)(R)(AD)
5.00 **Motorway Patrol** (S)(R)
5.30 **to 6.00** AM **Monkey Life** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
10.50pm Rewind: 60 Years of Welsh Pop (S)(R) **11.20-11.35pm** Weatherman Walking (S)(R)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
No variations

ITV1

As main ITV1 except:

WALES
7.00-7.30pm Coast & Country New edition (S)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Bwrdd i Dri **12.30** Heno o Llangollen **1.00** Prynhawn Da New edition **1.55** Newyddion a'r Tywydd **2.00** LIVE Seiclo: Tour de France **4.00** Awr Fawr **5.00** Stwnsh **6.00** Bois y Rhondda **6.30** Bois y Rhondda **6.57** Newyddion **7.00** Heno o Llangollen New edition **7.30** Newyddion a'r Tywydd **8.00** Cyfres Triathlon Cymru **8.55** Newyddion a'r Tywydd **9.00** Ar Led Series finale **9.25** Seiclo: Tour de France **9.55** Tisho Fforc? **10.25-11.30pm** Gogglebocs Cymru

TV&Satellite week
New issue on sale now

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Deadly Dinosaurs with Steve Backshall** 9/10. The asteroid that wiped out the dinosaurs. **7.30** 10/10. Steve builds the ultimate deadly dinosaur.
7.55 **The Catch Up**
8.00 **Interior Design Masters with Alan Carr** 8/8. The two finalists are challenged to make over pubs in Brighton.
9.00 FILM **Marry Me** Romantic comedy with Jennifer Lopez, Owen Wilson and Maluma. Two music superstars are preparing to get married, but then she learns – seconds before her vows – that he has been unfaithful. (2022, 12, 112min) ★★★
10.45 **Such Brave Girls** 3&4/6. Double bill of episodes. (S2)
11.45 **The Tooney and Russo Show** New edition
12.15 AM **Paddy & Molly: Show No Mersey** Documentary.
1.15 **Ballers: Ball or Nothing**
2.15 **My Insta Scammer Friend**
3.00 **to 4.00** AM **Paddy & Molly: Show No Mersey**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me** From Gloucestershire.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Kirstie and Phil's Love It or List It** A couple are unhappy with their cluttered house in Northampton.
6.55 **The Dog House Australia** New edition A woman who suffered a brain injury seeks a new dog to help her regain confidence.
7.55 **The Dog House** Adopted sisters Niamh and Holly consider adopting leggy lurcher Skye, while retired flight attendant Andreas looks to cockapoo puppy Annie for companionship.
9.00 **NEW SERIES The Sommerdahl Murders** 1&2/8. Return of the Danish crime drama starring Peter Mygind. A purser on the local ferry plunges to his death from an apartment block, and Dan and Flemming have to coax information from the grieving wife and son. Subtitled. (S3)
11.00 **24 Hours in A&E** A nurse shares her story of finding a career she loves.
12.05 AM **999: On the Front Line** Documentary.
1.05 **24 Hours in A&E**
3.15 **to 3.45** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Today at the Test** England v India: Action from the second day of the third Test in the five-match series, held at Lord's in London.
8.00 **Top of the Pops** An edition from July 1985, featuring The Conway Brothers, Eurythmics, Opus, Mai Tai and Bruce Springsteen. **8.30** An edition from July 1979, with Siouxsie and the Banshees, Thom Pace, Police, Rickie Lee Jones and Stonebridge McGuinness.
9.10 **Queen at the BBC** A collection of appearances by the rock band from the station's archives.
10.10 **Queen: The Legendary 1975 Concert** The band's performance at London's Hammersmith Odeon.
11.15 **Freddie Mercury: The Final Act** The last years of the Queen frontman's life.
12.45 AM **Freddie Mercury: A Life in Ten Pictures**
1.45 **Top of the Pops**
2.55 **to 3.55** AM **Queen at the BBC**

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Kitchen Nightmares USA**
9.00 **The Simpsons**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons** *See Homer Run:* Lisa goes on a rampage through school.
7.00 **The Simpsons** *Barting Over:* Bart legally separates from his parents. **7.30** *Super Franchise Me:* Marge decides to open her own sandwich shop.
8.00 **Below Deck: Mediterranean** Series finale The crew band together to ensure Captain Sandy's proposal goes off without a hitch.
9.00 FILM **The Spy Who Dumped Me** Espionage comedy starring Mila Kunis. (2018, 15, 117min) ★★★
11.15 **Naked Attraction**
12.20 AM **The Big Bang Theory**
1.20 **Brooklyn Nine-Nine**
2.20 **The Goldbergs**
3.10 **Modern Family**
3.35 **Below Deck: Mediterranean**
4.25 **Kitchen Nightmares USA**
5.20 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 306 30 123 256

Friday primetime

Friday primetime

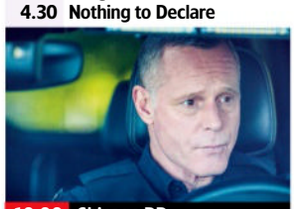
FRIDAY Entertainment

Friday

Sky Witness

107 107 110 341 356

6.00 AM **Stop, Search, Seize**
7.00 **Border Security: Canada's Front Line** Double bill.
8.00 **Border Patrol**
9.00 **Send in the Dogs**
10.00 **Stop, Search, Seize**
11.00 **Bondi Rescue**
12.00 NOON **The Good Doctor** 16/22. Shaun looks for legal representation. (S6)
1.00 PM **FBI** 9/15. Isobel's boyfriend is connected to a case. (S3)
2.00 **Caught on Dashcam**
3.00 **Caught Red Handed**
4.30 **Nothing to Declare**



10.00 Chicago PD

7 PM
7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 Chicago Fire New episode *In the Trenches – Part One:* 11/22. First of a three-part crossover episode. *See feature, page12.* (S13)

9 PM
9.00 Chicago Med New episode *In the Trenches – Part Two:* 11/22. A subway tunnel caves in. (S10)

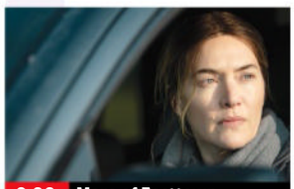
10 PM
10.00 Chicago PD New episode *In the Trenches – Part Three:* 11/22. First responders race to reach the victims. (S12)
11.00 **FBI: International** (S3)
1.00 AM **The Equalizer** 10/10. Delilah and her friends are threatened by a European crime syndicate. (S1)
2.00 **The Good Doctor** (S6)
4.00 **Highway Cops**
5.00 **to 6.00** AM **Air Ambulance ER**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **The Sopranos** 6&7/21. (S6)
10.00 **Westworld** 1&2/8. (S4)
12.00 NOON **Game of Thrones** (S7)
1.25 PM **Domina** 5&6/8. (S1)
3.35 **The Sopranos** 6/21. Gossip is rife about Vito's secret life.
4.35 7/21. Guest stars Lauren Bacall and Ben Kingsley. (S6)
5.35 **Westworld** 1/8. Events are set in motion that reunite allies and enemies.
6.40 2/8. William announces a new Delos venture. (S4)



9.00 Mare of Easttown

7.40 Game of Thrones *Beyond the Wall:* 6/7. Jon and his men go beyond the wall to capture a white walker, while Daenerys has to make a tough decision. (S7)

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S8)
8.00 **The Flash** 6/13. (S9)
9.00 **Stargate Atlantis** (S1)
11.00 **SEAL Team** 12/22. (S1)
12.00 NOON **The Flash** 7/13. (S9)
1.00 PM **Hawaii Five-0** (S8)
3.00 **NCIS: Los Angeles** 3/22. (S13)
4.00 **S.W.A.T.** 16/18. (S4)
5.00 **SEAL Team** 11/22. Jason and the team are sent to intercept the sale of nuclear weapons by Ukrainian mobsters. (S1)
6.00 **Stargate Atlantis** 7/20. Sheppard and the team investigate a strange drug. (S1)

9.00 Rob Beckett's Smart TV

7.00 Stargate Atlantis *Underground:* 8/20. Sheppard and McKay encounter a new race. (S1)

8.00 Karl Pilkington: The Moaning of Life 3/5. Karl finds out why people want to have children.

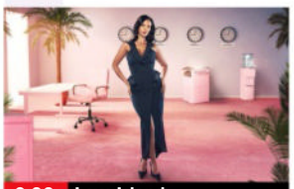
9.00 Rob Beckett's Smart TV With guests Sope Dirisu, Myles Brandreth, Helen George and Judi Love.

10.00 Mr Bigstuff 3/6. Lee starts a fight club.
10.30 4/6. Lee reveals more about the men who are after him. (S1)
11.00 **Strike Back: Vendetta** 2/10. The team discover the sale of the bioweapon will be taking place on a speeding train. (S8)
12.00 M'T **The Force: North East**
1.00 AM **Brit Cops: Law & Disorder**
2.00 **Road Wars**
3.00 **NCIS: Los Angeles** 3/22. (S13)
4.00 **S.W.A.T.** 16/18. (S4)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Dinner Date**
8.35 **The Bardsley Bunch**
9.30 **The Only Way Is Essex**
10.15 **Real Housewives of Miami**
11.10 **Real Housewives of Salt...**
12.05 PM **The Bardsley Bunch**
2.05 **The Only Way Is Essex**
3.05 **Million Dollar Listing: LA**
4.00 **Real Housewives of Miami** New edition Reality series.
5.00 **Real Housewives of Salt Lake City** Reality series.
6.00 **Celebrity Catchphrase**



9.00 Love Island

7.00 Deal or No Deal Stephen Mulhern hosts as Brian takes on the Banker for the chance to win life-changing money.

8.00 Million Dollar Listing: LA Altman mentors a new broker who once took a chance on him, and Tracy brings Flagg in on a deal.

9.00 Love Island New edition Reality show in which singletons seeking a romance compete in the hope of finding love.

10.05 Family Guy 9/21. Peter loses his job as a forklift driver after another stunt.
10.35 4/21. Peter harasses Brian. (S12)
11.05 **Family Guy** 5/21. The Griffins fall victim to Italy's immigration laws. (S12)
11.35 **American Dad!** 7&2/22. (S11)
12.35 AM **Bob's Burgers** 6/16. (S14)
1.05 **Transaction** 3/6. (S1)
1.35 **Plebs** 3&4/8. (S2)
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Where the Heart Is**
10.30 **The Royal** *Stolen Dreams.*
11.35 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **Midsomer Murders** *Beyond the Grave:* A village is rocked by a series of ghostly occurrences – including a murder.
5.50 **Heartbeat** *Witch Hunt:* Nick is drawn into a family feud after three children claim to have seen a witch vandalising an urn.

6.55 Heartbeat

6.55 Heartbeat *Midday Sun:* A new family cause panic in Aidensfield when their rabid dog goes missing.

8.00 Midsomer Murders *Death and Dust:* A doctor is killed by a hit-and-run driver, and Barnaby discovers the dead man had once been accused by his partner of stealing a lot of money from their medical practice.

10.00 Agatha Christie's Poirot *Three Act Tragedy:* The detective's friend hosts a cocktail party, where a priest chokes to death.
11.55 **The Bay** 3/6. Craig's lies begin to unravel and Karen's conduct at a vigil is questioned.
12.55 AM 4/6. A vital clue leads the MIU to take a closer look at another of Hannah's family members. (S5)
1.55 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **The Great Food Guys** Nick Nairn and Dougie Vipond celebrate heritage food, cooking roast loin of roe deer.
8.00 **Inside Central Station** Easter weekend arrives, bringing with it rival football fans and bank holiday revellers.
9.00 **Still Game** 5/9. Jack and Victor decide to spend their funeral fund on life's luxuries. (S2)
9.30 **Paul Black: Under the Influence** The social media star takes on a series of challenges suggested by followers.
10.00 PM **to 12.00** M'T NEW **TRNSMT** Shereen Cutkelvin presents highlights from Glasgow Green, featuring Twin Atlantic, Wet Leg, The Script and 50 Cent.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **American Auto** (S1)
9.00 **The Conners** (S4)
10.00 **Entourage** (S8)
11.15 **Crashing** 8/8. (S3)
11.55 **Flight of the Conchords** 1/12. (S1)
12.35 PM **Silicon Valley** (S2)
1.55 **Entourage** (S8)
3.10 **Upright** 5&6/8. (S1)
4.20 **Crashing** 8/8. (S3)
4.55 **Flight of the Conchords** 1/12. (S1)
5.30 **Ballers** 9&10/10. (S1)
6.45 **The Conners** (S4)
7.45 **Silicon Valley** (S3)
9.00 **And Just Like That...** New episode 7/12. Comedy drama starring Sarah Jessica Parker, Kristin Davis and Cynthia Nixon (S3)
10.00 **Sarah Silverman: Someone You Love**
11.05 **Sex and the City** (S6)
12.15 AM **Entourage** (S1)
1.25 **Veep** 1&2/10. (S2)
2.35 **Hello Ladies: The Movie**
4.10 **to 5.00** AM **American Auto**

Sky Arts

130/131 114/115 123 36 143 24 350 365

6.00 AM **Classic FM Live: Greatest Hits of Opera**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering: Jeff Goldblum**
1.00 PM **Tales of the...**
2.00 **Lenny Henry's Got the Blues**
3.00 **Classic Movies: The Story of Ran**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Guy Garvey: From the Vaults** Music from 1978.
9.00 NEW **Opry Live**
10.00 **Marillion: All One Tonight** From 2017.
11.40 **The Genesis Songbook**
12.55 AM **Jethro Tull: Live at Montreux 2003**
3.20 **Greatest Albums Live**
4.45 **to 6.00** AM **National Trust: Garden Treasures**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security USA**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security USA** Documentary.
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S5)
6.00 **Stargate Universe** (S2)
7.00 **Star Trek: The Next Generation** 9/26. (S1)
8.00 **Star Trek: Deep Space Nine** 19/26. (S2)
9.00 **Forensics: Catching the Killer** The mother of a 13-year-old girl reports her daughter missing.
10.00 A 12-year-old goes missing in London.
11.00 **Grimm** 13/22. (S4)
12.00 M'T **Nothing to Declare**
2.00 AM **Brit Cops: Rapid Response** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Word-based quiz hosted by Adil Ray.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shepherd.
1.00 PM **Lingo** Word-based quiz hosted by Adil Ray.
2.00 **Pictionary** Game show hosted by Mel Giedroyc.
3.00 **Tenable** Double bill of the quiz show hosted by Sally Lindsay.
5.00 **Deal or No Deal** Stephen Mulhern hosts the game show.
6.00 **Lingo** Double bill of the word-based quiz show hosted by Adil Ray.
8.00 **Deal or No Deal** Stephen Mulhern hosts as Carol takes on the Banker for the chance to win life-changing money.
9.00 **Tipping Point** Triple bill of the game show hosted by Ben Shepherd.
12.00 M'T **Pictionary** Double bill of the game show hosted by Mel Giedroyc.
12.55 **to 1.00** AM **Unwind**

GREAT! tv

157 167 170 50 48

8.00 AM **Hart to Hart** (S3)
9.00 **Diagnosis Murder**
11.00 **Father Dowling Mysteries** 1/8. (S1)
12.00 NOON **Sue Thomas: F.B.Eye** 7/19. (S1)
1.00 PM **Hart to Hart** (S3)
2.00 **Father Dowling Mysteries** 6/8. (S1)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 4-7/26. (S7)
9.00 **Randall and Hopkirk (Deceased)** 17/26. (S1)
10.00 **The Avengers** *The Curious Case of the Countless Clues:* 19/33. Steed helps Scotland Yard colleague Arthur Doyle on a case. (S6)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S7)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Derby Through the Years** Memorable stagings.
6.20 **Minder**
7.25 **The Professionals**
8.25 **Dempsey and Makepeace**
9.30 **Magnum, PI**
10.30 **Kojak**
11.30 **Giant Lobster Hunters**
12.30 PM **Made in Britain**
1.00 **Tour de France Highlights**
2.00 **LIVE Tour de France**
4.30 **The Best of the 70s**
4.50 **Minder**
5.55 **The Professionals**

9.00 The Enforcer

7.00 **Tour de France Highlights** Action from the seventh stage, a 197km route from St Malo to Mûr-de-Bretagne Guerlédan.

8.00 **The 1% Club** Quiz show hosted by comedian Lee Mack in which the questions are all about logic and common sense.

9.00 **FILM The Enforcer** Thriller starring Clint Eastwood as maverick San Francisco cop Harry Callahan, trying to track down a gang of homicidal young hoodlums with the help of a new female partner. (1976, 18, 95min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling.
1.00 AM **Dark Side of the Ring** A look at the rise and fall of The Road Warriors.
1.55 **BattleBots**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: The Next Generation** 7/26. (S7)
2.00 **Atlantis** 13/13. (S1)
3.00 **Stargate Atlantis** 4/20. (S2)
4.00 **Star Trek: Voyager** (S6)
5.00 **Star Trek: The Next Generation** 7/26. (S7)
6.00 **Star Trek: Enterprise** 18/24. The crew finally discover the location of the Xindi superweapon. (S3)

11.00 True Blood

7.00 **Atlantis** *Touched by the Gods – Part Two:* 13/13. Ariadne is found guilty of treason and sentenced to death. (S1)

8.00 **Stargate Atlantis** *Duet:* 4/20. McKay is rescued from a Wraith ship, but a technical malfunction causes a problem. (S2)

9.00 **From the Earth to the Moon** *We Interrupt This Program:* 8/12. The Apollo 13 crisis unfolds above the Earth. (S1)

10.00 **The Walking Dead** *The Storm:* 16/16. In the aftermath of a massive loss, the communities brave a blizzard. (S9)

11.00 **True Blood** 5/12. Sookie becomes involved in Bill and Eric's mission to find the missing Russell Edgington. **12.00** M'T 6/12. Russell Edgington falls into the hands of the Authority. (S5)
1.00 AM **Wynonna Earp** (S3)
3.00 **Room 104** (S2&3)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S8)
9.00 **Father Brown**
10.00 **WPC 56** 4/5. (S2)
11.00 **Hudson & Rex** 16/16. (S3)
12.00 NOON **Shakespeare & Hathaway: Private Investigators** 9/10. (S4)
1.00 PM **Beyond Paradise** (S2)
2.00 **Murdoch Mysteries** (S8)
4.00 **WPC 56** 4/5. (S2)
5.00 **Hudson & Rex** 16/16. (S3)
6.00 **Father Brown** *The River Corrupted:* Sid returns to Kembleford to ask his old family to help save his new one.

4.00 WPC 56

7.00 **Shakespeare & Hathaway: Private Investigators** 9/10. Frank becomes prime suspect in a murder case. (S4)

8.00 **Beyond Paradise** 3/6. A dying woman goes missing from a local fishing trawler. (S2)

9.00 **Death in Paradise** *A Deadly Party:* 8/8. The team investigate when the host of a charity fundraiser is shot dead.

10.00 **Death in Paradise** *A Stormy Occurence:* 7/8. A meteorologist is found dead – just as a storm is brewing. (S2)

11.00 **Father Brown** As 6.00pm.
12.00 M'T **Shakespeare & Hathaway: Private Investigators**
1.00 AM **Elementary** 20/21. Holmes and Watson's conflict with Michael intensifies. (S6)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.05 AM **Highlights**
8.40 **The Green Green Grass**
9.20 **Ever Decreasing Circles**
10.00 **Are You Being Served?**
10.40 **Open All Hours**
11.20 **Last of the Summer Wine**
12.40 PM **The Green Green Grass**
1.20 **Dad's Army**
2.40 **Open All Hours**
3.20 **Are You Being Served?**
4.00 **Last of the Summer Wine**
5.20 **Ever Decreasing Circles**
6.00 **Are You Being Served?**
6.40 **Open All Hours**

9.15 Not Going Out

7.20 **Dad's Army** The air-raid wardens share the church hall with the Home Guard after their HQ is bombed.

8.00 **The Vicar of Dibley** 1/2. Geraldine's head is turned by a particularly charming newcomer to the village. Guest stars Richard Armitage and Keeley Hawes.
9.15 **Not Going Out** Lee feels isolated and decides to try speed dating.

10.00 **The Royle Family** Jim embarks on a spot of DIY.
10.30 **The Fast Show** Professor Denzil Dexter steals another skull.
11.10 **Not Going Out** Lee grows suspicious of Guy's motives.
11.50 **Mrs Brown's Boys**
12.30 AM **The Vicar of Dibley**
1.45 **The Royle Family**
2.15 **The Fast Show**
2.45 **Not Going Out**
3.15 **to 4.00** AM **Mrs Brown's Boys**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **The Weakest Link**
8.00 **Cops on the Rock**
10.00 **Guy Martin's Great British Power Trip**
11.00 **Rick Stein's Mediterranean Escapes** As 6.00pm.
12.00 NOON **Storage Hunters UK**
2.00 PM **Guy Martin's Great British Power Trip**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British**
6.00 **Rick Stein's Mediterranean Escapes** The chef samples succulent roast lamb and seafood dishes in Majorca.

6.00 Mediterranean Escapes

7.00 **Would I Lie to You?** With guests Clara Amfo, Tom Davis, Shaun Ryder and Henning Wehn.
7.40 **Richard Osman's House of Games** With Dr Maggie Aderin-Pocock and Stuart Maconie. **8.20** With Tim Vine and Nicki Chapman.

9.00 **QI XL** Host Stephen Fry poses questions about happiness to Andy Hamilton, Rich Hall, Phill Jupitus and Alan Davies.

10.00 **Have I Got a Bit More News for You** Jess Phillips hosts the satirical quiz, with guests Hannah Fry and Jon Richardson.
11.00 **Taskmaster** Asim Chaudhry has fun with drainpipes.
12.00 M'T **Mock the Week** With guests Gary Delaney, Miles Jupp and Nathan Caton.
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Survivor South Africa**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **A Place in the Sun**
9.30 **Sun, Sea and Selling Houses** From Almería.
10.30 **Help! We Bought a Village** From France.
11.30 **Chateau DIY**
12.30 PM **A Place in the Sun**
1.30 **The Great House Giveaway** In Leicester.
2.30 **Sun, Sea and Selling Houses** From Alicante.
3.30 **Come Dine with Me**
6.00 **A Place in the Sun**
7.00 **George Clarke's Remarkable Renovations**
8.00 **Supercruising: Life at Sea** Documentary.
9.00 **24 Hours in A&E**
10.00 **Crime Scene Cleaners**
11.05 **Celebrity Gogglebox**
12.05 AM **Gogglebox**
1.10 **First Dates**
2.15 **Supercruising: Life at Sea** Documentary.
3.20 **The World's Biggest Cruise Ship**
4.15 **to 4.45** AM **A Place in the Sun**

5USA

141/169 129 120/162 21 129 29

9.00 AM **NCIS** (S2&3)
12.00 NOON **Law & Order: Criminal Intent** (S1&2)
6.00 PM **NCIS** *Family Secret:* 16/24. The team suspect a desperate US Marine has faked his own death. **7.00** *Ravenous:* 17/24. The agents are called to a national forest where several women have gone missing. **8.00** *Bait:* 18/24. The team attempt to stop a suicide bomber who has taken his classmates hostage in school. (S3)
9.00 **Person of Interest** *Bad Code:* 2/22. Carter gets a lead in her search for Root and Finch. **10.00** *Masquerade:* 3/22. The daughter of a diplomat is targeted by kidnappers. (S2)
11.00 **Law & Order: Special Victims Unit** (S14)
2.50 AM **The Good Wife** (S7)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Amazing Cleans**
9.00 **Bargain-Loving Brits in the Sun**
10.00 **Rogue Claimers**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Nightmare Tenants, Slum Landlords**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **FILM Fifty Shades of Grey** Erotic drama starring Jamie Dornan and Dakota Johnson. A student begins an affair with a billionaire who has dark desires. (2015, 18, 120min) ★★
11.35 **24 Hour Sex: Up All Night** Documentary.
12.35 AM **Adults Only: Sex in the Future**
1.35 **Quantico** 14&15/22. (S2)
3.10 **to 4.00** AM **Police Interceptors**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.15 **Trucking Hell**
10.15 **Traffic Cops**
11.15 **Police Interceptors**
2.15 PM **FILM High Noon** Oscar-winning Western starring Gary Cooper and Grace Kelly. (1952, b/w, U, 85min) ★★★★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors** A motorist speeds through the countryside. **7.00** Rich and Ash trail a potentially armed man. **8.00** Michael deals with a masked man on a bike.
9.00 **Police: Suspect No 1**
10.00 **The Motorway**
11.00 **Quantum Leap** (S2)
12.00 M'T **Motorway Cops: Catching Britain's Speeders** Documentary.
1.00 AM **Motorway: Hell on the Highway**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.15 AM **MasterChef Junior USA** Culinary series.
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **The Shift: Women on the Force** Documentary.
8.00 **Inside the Ambulance: Coast and Country** Crews treat a boy hit by a car outside his school.
9.00 **999 Rescue Squad** It's a race against time to dig out a man buried under three tonnes of soil. **10.00** A high-speed crash leaves a woman injured and trapped in her crumpled car.
11.00 **Ghosts** Triple bill.
1.00 AM **Wagspiracy: Vardy v Rooney** Documentary.
1.55 **to 3.00** AM **Interior Design Masters with Alan Carr**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.25 AM **Tenko**
8.15 **Doctors**
9.30 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Tenko**
3.00 **Kingdom**
4.00 **Lovejoy**
5.20 **'Allo 'Allo!**
6.00 **Birds of a Feather**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Father Brown** *The Mayor and the Magician:* The mayor is electrocuted at the village fête. **9.00** *The Blue Cross:* The priest's Blue Cross is targeted by infamous criminal Flambeau.
10.00 **New Tricks**
11.20 **Spooks** 7/10. (S2)
12.40 AM **Pie in the Sky**
1.40 **'Allo 'Allo!**
2.30 **Birds of a Feather**
3.00 **to 4.00** AM **The Chelsea Detective**

+1 hr 243 316 60 260

FRIDAY Entertainment

Friday

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Cumbria.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** Izzie Balmer and Mark Hill explore Oxfordshire. **8.00** Mark and Izzie complete their last leg in Buckinghamshire.
9.00 **Yorkshire Air 999** New edition The Yorkshire Air Ambulance crew race to save lives.
10.00 **Helicopter ER** The air ambulance team race to help a mountain biker. **11.00** A man who fell 20 feet while abseiling.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

145 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **Richard Osman's House of Games**
11.20 **All Star Family Fortunes** Game show.
12.00 NOON **Classic Who Wants to Be a Millionaire?** Quiz show.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Classic Who Wants to Be a Millionaire?**
5.00 **The Bidding Room** The dealers are intrigued by a Georgian needlework box and a car lighter.
6.00 **Tenable** Double bill.
8.00 **The Chase** Double bill.
10.00 **Hot Seat: Who Wants to Be a Millionaire?** Double bill of the Australian version of the big-money quiz show.
12.00 M'T **Bullseye** Double bill.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 319 426 42 33

8.00 AM **FILM Seven Men from Now** Western. (1956, U, 77min) ★★★
9.50 **War Machines**
11.00 **The High Chaparral**
12.00 NOON **Bonanza** (S1)
1.00 PM **FILM The Secret of Convict Lake** Western. (1951, PG, 83min) ★★
2.55 **FILM The Quick & the Dead** Western. (1987, PG, 94min) ★★★
5.00 **Bonanza** (S1)
7.00 **The High Chaparral**
8.00 **FILM Vera Cruz** Western adventure starring Gary Cooper and Burt Lancaster. (1954, PG, 94min) ★★★
10.05 **FILM American Siege** Thriller with Bruce Willis. (2021, 15, 91min) ★★
12.05 AM **FILM Sub-Zero** Action adventure starring Costas Mandylor. (2004, 15, 90min) ★★
2.05 **to 5.00** AM **Wild West Chronicles**

+1 hour 324 319

GREAT! movies

321 318 425 34 32

9.00 AM **Saving Lives at Sea**
10.00 **FILM Text to Kill** Drama. (2015, 12, 83min) ★★
12.00 NOON **Heathrow: Britain's Busiest Airport**
1.00 PM **FILM Manny Dearest** Thriller. (2017, PG, 85min) ★★
2.55 **FILM Eyewitness** Thriller. (2017, PG, 95min) ★★
5.00 **FILM Vows of Deceit** Thriller with Katherine Bailess. (2018, 12) ★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM Braven** Thriller starring Jason Momoa. (2018, 15, 94min) ★★★
11.05 **FILM A Case of Murder: Garage Sale Mystery** Thriller with Lori Loughlin. (2017, PG, 90min) ★★
1.00 AM **FILM Killer Cover Up** Thriller. (2021, 12) ★★
3.00 **Air Rescue**
4.00 **to 6.00** AM **FILM Labour, Lies and Murder** Crime thriller. (2022, U, 85min) ★★

+1 hour 322 318

GREAT! romance

319 317 424 52 47

8.00 AM **FILM Autumn in the City** Romantic drama. (2022, U, 84min) ★★
10.00 **FILM Valentine in the Vineyard** Drama. (2019, PG, 95min) ★★
12.05 PM **FILM Love on the Vines** Romantic drama. (2016, PG, 78min) ★★
2.00 **FILM Sweet Pecan Summer** Drama. (2021, PG, 84min) ★★
4.05 **FILM Her Pen Pal** Drama. (2021, PG) ★★
5.55 **FILM Summer Love** Drama. (2016, PG) ★★
8.00 **FILM Pearl in Paradise** Comedy. (2018, PG) ★★
10.00 **FILM Just the Way You Are** Romantic comedy. (2015, PG, 110min) ★★
11.55 **FILM Love Takes Flight** Romantic drama. (2019, PG, 87min) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Sweet Pecan Summer** Drama. (2021, PG, 84min) ★★

+1 hour 320 317

Rewind TV

182 81 141

6.00 AM **Highlights**
11.00 **Jokers Wild**
11.30 **Please Sir!** 19/21. (S4)
12.00 NOON **Carry On Laughing** 1/7. (S2)
12.30 PM **You're Only...**
1.00 **Born Free** 5/13. (S1)
2.00 **FILM Follow a Star** Comedy. (1959, U) ★★★
4.00 **Fantasy Island** (S1)
5.00 **A Sharp Intake of Breath** 1/3. (S3)
5.30 **I Dream of Jeannie**
6.00 **The Monkees** (S1)
6.30 **In Loving Memory** (S1)
7.00 **Jokers Wild**
7.30 **You're Only Young Twice**
8.00 **Please Sir!** 19/21. (S4)
8.30 **A Sharp Intake of...**
9.00 **Bramwell** 8/10. (S3)
10.00 **Soap** 4/25 (S1)
10.30 **Stereo Underground**
11.30 **The Monkees** (S1)
12.00 M'T **FILM Indiscretion of an American Wife** Drama. (1954, b/w, PG) ★
1.15 AM **Auto Rewind**
1.30 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Building Alaska**
11.00 **Building Off the Grid**
1.00 PM **Alaska: The Last Frontier** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** The crab-fishing reality show returns as a new face joins the fleet. Plus, Captain Keith's life spirals, and Sig torments his old protege.
9.00 **Junkyard Empire** Andy is sure the Hot Wheels tow truck can break the speed record. **10.00** Andy fixes a 2015 Challenger RT.
11.00 **Gold Divers**
12.00 M'T **Naked and Afraid: Alone** Double bill.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Highlights**
8.00 **Delicious Miss Brown**
8.30 **Girl Meets Farm**
9.00 **Rick Stein and the Japanese Ambassador**
10.00 **Comfort Food**
11.00 **Great British Bake Off**
12.00 NOON **Summer...**
1.00 PM **Secrets of the Curry Kitchen**
1.30 **Nadiya's Simple Spices**
2.00 **Islands to Highlands**
3.00 **Barefoot Contessa**
4.00 **Delicious Miss Brown**
4.30 **Girl Meets Farm**
5.00 **Rick Stein and the...**
6.00 **Comfort Food**
7.00 **Great British Bake Off**
8.00 **Summer Baking Championship** New edition
9.00 **Mary's Quick Cooking**
10.00 **City Bakes** Nicosia.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Highlights**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 3/25. (S7)
9.00 **The Fall Guy** 1/23. (S2)
10.00 **Knight Rider** 14/22. (S3)
11.00 **FILM Asteroid v Earth** Sci-fi disaster movie. (2014, 15, 91min) ★★
1.00 PM **FILM The Professionals** Western adventure. (1966, PG, 117min) ★★★★
3.15 **FILM Siringo** Western. (1996, PG, 90min) ★★
5.00 **Star Trek** 19/26. (S2)
6.00 **Knight Rider** 15/22. (S3)
7.00 **The Fall Guy** 2/23. (S2)
8.00 **Walker, Texas Ranger**
9.00 **FILM In the Line of Duty** Crime thriller. (2019, 15, 98min) ★★
11.00 **FILM The Sentinel** Political thriller. (2006, 12, 108min) ★★★
1.05 AM **FILM Driven to Kill** Crime action thriller. (2009, 18, 94min) ★★
3.00 **to 4.50** AM **FILM Unchained** Thriller. (2017, 15, 90min) ★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **Jules Verne's Mysterious Island**
8.00 **FILM Apocalypse of Ice** Disaster epic. (2020, PG, 88min) ★★
10.00 **The Lost World** (S2)
11.00 **Jules Verne's Mysterious Island**
1.00 PM **FILM The Curse of the Werewolf** Horror chiller starring Oliver Reed and Clifford Evans. (1961, 12, 92min) ★★★
3.00 **The Lost World** (S2)
4.00 **The A-Team** 19/25. (S3)
5.00 **Jules Verne's Mysterious Island**
7.00 **The Lost World** (S2)
8.00 **The A-Team** 20/25. (S3)
9.00 **FILM The Day of the Jackal** Thriller starring Edward Fox. (1973, 15, 142min) ★★★★★
11.45 PM **to 3.00** AM **FILM All Quiet on the Western Front** Remake of the anti-war drama. (1979, PG, 126min) ★★

+1 hour 318 316 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars** Double bill.
7.30 **Auction Hunters**
7.55 **Storage Wars**
8.55 **Hardcore Pawn**
10.15 **Alien Files: Unsealed**
11.10 **Strange Evidence**
12.10 PM **MonsterQuest**
1.05 **Pawn Stars** Double bill.
2.05 **Junk and Disorderly**
3.05 **Storage Wars**
4.00 **Ancient Aliens**
6.00 **Alien Files: Unsealed**
7.00 **Junk and Disorderly**
8.00 **Dickinson's Real Deal**
9.00 **The Proof Is Out There: Bermuda Triangle Edition**
10.00 **Weird Britain**
11.00 **The UnXplained**
12.00 M'T **My Paranormal Nightmare** Mysteries.
1.00 AM **Alien Files: Unsealed**
2.00 **Ancient Aliens**
3.45 **Wicked Tuna**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **World's Most Scenic Railway Journeys**
11.00 **Ben Fogle: New Lives in the Wild** Queensland.
12.00 NOON **Super Dogs with Extraordinary Jobs**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **The Good Ship Murder**
7.00 **Cruising with Susan Calman** The presenter's is in Civitavecchia, where she signs up for an excursion to Rome.
8.00 **Ben Fogle: New Lives in the Wild** Ben heads to Slab City in California to meet a homeless artist called DNA.
9.00 **Dalgliesh** 1&2/6. (S3)
11.00 **The Good Ship Murder**
12.00 M'T **Cruising with Jane McDonald** From Alaska.
1.00 AM **22 Kids & Counting**
3.00 **Cruising with Susan Calman** As 7.00pm.
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home** Six editions.
2.00 PM **A Place in the Sun**
3.00 **Fantasy Homes by the Sea** From Snowdonia.
4.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **Escape to the Country**
9.00 **My Lottery Dream Home** New editions Double bill of the property series in which David Bromstad helps lucky Americans buy their dream properties.
10.00 **My Lottery Dream Home** Double bill.
11.00 **Home Town** Disaster strikes in a renovation.
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Extreme Couponing**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **The Bad Skin Clinic** A man complains about smelly blisters in his armpits and groin.
8.00 **My 600lb Life** Charting the life of Samantha, who wishes to change her lifestyle to survive. **10.00** A woman whose grief saw her pile on the pounds.
12.00 M'T **Body Bizarre**
1.00 AM **I Didn't Know I Was Pregnant** Double bill.
2.00 **to 6.00** AM **My 600lb Life**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** 8&9/22. (S6)
10.00 **Last Man Standing** (S4)
11.00 **Everybody Loves Raymond** 17-20/22. (S1)
12.55 PM **Last Man Standing**
1.50 **Friends** (S9&10)
9.00 **Michael McIntyre's Big Show** Featuring Nile Rodgers and Chic.
10.00 **Whose Line Is It Anyway? USA** New edition Grace Byers goes a date.
10.30 **Whose Line Is It Anyway? USA**
11.00 **South Park** (S27&2)
12.00 M'T **Absolutely Fine** (S1)
12.30 AM **FILM Adaptation** Offbeat comedy. (2002, 15, 114min) ★★★
2.45 **Key & Peele**
3.05 **Michael McIntyre's Big Show** As 9.00pm.
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 7&8/14. (S5)
11.00 **Friends** 1-4/24. (S5)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Daria** 9&10/14. (S5)
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing** (S4)
7.00 **Everybody Loves Raymond** 17-20/22. (S1)
9.00 **Friends** 21/24. Ross's pet monkey reaches puberty. (S1) **9.30** 13/25. Monica bumps into ex-boyfriend Richard. Guest stars Tom Selleck. (S3)
10.00 **Friends**
2.00 AM **Michael McIntyre: Happy & Glorious**
3.00 **Ed Byrne: Spoiler Alert**
3.45 **Jason Byrne: Audience Precipitation** Stand-up.
4.30 **Bonnaroo Experience**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay

152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Border Security: Canada's Front Line**
11.00 **Nothing to Declare**
12.00 NOON **Warehouse 13**
2.00 PM **Highway Patrol**
3.00 **UK Border Force**
4.00 **Border Security: Canada's Front Line**
5.00 **Border Patrol**
6.00 **The Ark** 2/12. (S1)
7.00 **Send in the Dogs**
8.00 **UK Border Force**
10.00 **Stella** 9/11. A family outing ends badly. **11.00** 10/11. The nurse is dealt another blow. (S3)
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own** With Tom Allen.
2.00 **We're Here**
3.10 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 137 134 351 366

6.00 AM **The Hills**
6.25 **Teen Mom: Young & Pregnant** Reality series.
7.10 **Teen Mom OG: Farrah Tells All** Reality series.
8.00 **Teen Mom OG**
9.00 **Dallas Cowboys Cheerleaders**
11.00 **Catfish: The TV Show**
2.00 PM **Catfish: On the Run**
3.00 **Catfish: The TV Show**
4.00 **Catfish: Scammed**
5.00 **Catfish: The TV Show**
7.00 **Fresh Out Live**
8.00 **Catfish UK** Julie Adenuga and Oobah Butler get to the bottom of online romances.
9.00 **MTV Family Legacy** New editions
10.05 **Larger Than Life: Reign of the Boybands**
12.00 M'T **Gonzo with Jack Saunders** The latest alternative tunes.
1.00 AM **True Life Crime UK**
2.00 **Ink Master**
2.45 **True Love or True Lies?**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Alaska: The Last Frontier**
9.00 **Marooned with Ed Stafford**
11.00 **Kindig Customs** Double bill.
1.00 PM **Deadliest Catch**
3.00 **Gold Rush** Parker brings in a brand-new wash plant to push him past 5,000 ounces. **4.00** Tony goes rogue and buys a new wash plant.
5.00 **Building Off the Grid** A woman builds a 2,000-square-foot home in Arizona.
6.00 **Border Control: Spain** Double bill of the documentary.

9.00 Expedition Files

7.00 **Wheeler Dealers** Mark finds an Austin Allegro – which has a reputation as one of Britain's most unloved cars – in a barn.
8.00 **Gold Rush: White Water** Tensions start to boil over as Dustin risks losing his claims and battles equipment failure.
9.00 **Expedition Files** New edition A look at *The Amityville Horror,* and the strange fate of a Civil War submarine crew.
10.00 **Blowing Up History** Investigators use CGI to reveal where the tomb of Alexander the Great may lie and what it looks like.
11.00 **Border Control: Spain** New editions Double bill.
12.00 M'T **Moonshiners** Mike and Jerry devise a plot.
1.00 AM **Expedition Files**
2.00 **Blowing Up History**
3.00 **Street Outlaws**
4.00 **to 5.00** AM **Blowing Up History**

+1hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **Fish or Die** Tigerfish reports.
10.00 **Tanked** A lava lamp tank.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Helping families calm their unruly cats. **4.00** A bullying feline.
5.00 **Lone Star Law** Wardens investigate the killing of a protected rattlesnake.
6.00 **Dr Jeff: Rocky Mountain Vet** A dog found tied to a fence needs emergency surgery.

8.00 Dodo Heroes

7.00 **Animal Cribs** Designer Antonio Ballatore showcases incredible pet-centric builds that have inspired his own creations.
8.00 **Dodo Heroes** A family release Crickey the koala back into the wild after a year of nursing him back to health.
9.00 **Alaska: The Last Frontier** The Kilchers drive some of the herd across icy rivers after the rest return from the grazing grounds.
10.00 **Alaskan Bush People** The Wolfpack's quest for complete freedom takes a big step forward with new livestock.
11.00 **Pit Bulls & Parolees** Chong receives a cancer diagnosis.
12.00 M'T **Crikey! It's the Irwins** Robert sets out to save a stranded platypus.
1.00 AM **Dodo Heroes** As 8.00pm.
2.00 **Animal Cribs** As 7.00pm.
3.00 **to 5.00** AM **Animal Cops Houston**

+1hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Mysterious Islands**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Roman Murder Mystery** Documentary.
1.00 PM **Colosseum: Rise and Fall**
2.00 **Bombing Pompeii**
3.00 **Secret Nazi Science**
4.00 **Construction Fails**
5.00 **Car S.O.S** A 1973 saloon which has spent decades in a barn.
6.00 **World War II: Secrets from Above** The Allies and the Soviets race to seize Berlin.

8.00 Jaws @ 50

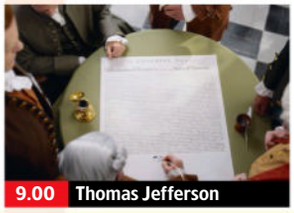
7.00 **Air Crash Investigation** Investigators try to determine what sparked the engine fire that crippled a research plane.
8.00 NEW **Jaws @ 50: The Definitive Inside Story** Steven Spielberg shares his memories of the classic thriller. With contributions from film-makers including Jordan Peele, James Cameron and Guillermo del Toro. *See feature, page 6.*
10.00 **Inside Airport Lost & Found** A look at the journeys of items misplaced at airports.
11.00 **Air Crash Investigation**
12.00 M'T **Seconds from Disaster**
1.00 AM **To Catch a Smuggler**
2.00 **Made in a Day** The making of Jack Daniels whiskey.
2.30 **Bid & Destroy** Double bill.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Dirty Old Cars**
7.00 **Pawn Stars Do America**
8.00 **American Pickers**
9.00 **Pawn Stars** A Samurai sword.
10.00 **Storage Wars** Four editions.
12.00 NOON **The UnXplained with William Shatner**
1.00 PM **Dirty Old Cars**
2.00 **Mountain Men**
3.00 **Secrets in the Ice**
5.00 **What on Earth?** Treasure of a bandit near the Grand Canyon.
6.00 **American Pickers** A massive stash of junior dream cars is recovered.



9.00 Thomas Jefferson

7.00 **Forged in Fire** Four smiths have to create a knife from the most mangled mess of a vehicle ever seen on the forge floor.
8.00 **Britain's Most Historic Towns** Alice Roberts tells the story of Tudor England by studying the history of Norwich.
9.00 **Thomas Jefferson** New edition How Jefferson became part of the growing rebellion against British rule.
10.00 **Kennedy** The life of John F Kennedy, 35th President of the United States, featuring new interviews with family members.
11.00 **What on Earth?** As 5pm.
12.00 M'T **Strange Evidence** A ghostly figure filmed stalking a Japanese taxi stand.
1.00 AM **The UnXplained with William Shatner** A look at the belief in curses across all major civilisations.
2.00 **Thomas Jefferson** As 9pm.
3.00 **Forged in Fire** As 7pm.
4.00 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash** Double bill.
10.00 **WW2: Battles for Europe**
11.00 **Nazi Hunters** As 5.00pm.
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash**
4.00 **WW2: Battles for Europe** Field Marshal Montgomery's daring airborne plan.
5.00 **Nazi Hunters** Klaus Barbie and John Demjanjuk.
6.00 **Antiques Roadshow** Fiona Bruce and the experts visit Manchester Town Hall.

8.00 Warbird Workshop

7.00 **Great American Railroad Journeys** The next leg of Michael Portillo's journey begins in Skagway, Alaska.
8.00 **Warbird Workshop** The epic battle to rebuild the Waterbird, the Royal Navy's first seaplane.
9.00 **'Allo 'Allo!** Rene and his staff disguise themselves as undertakers in a bid to rescue the British airmen. **9.40** Michelle concocts another plan to infiltrate German headquarters. **10.20** Rene arranges a meeting to sell the *Fallen Madonna* painting.
11.00 **Bangers & Cash** Derek picks up a 1954 Morgan +4 coupe, which is believed to be just one of three still on the road.
12.00 M'T **Abandoned Engineering** A formerly luxurious and strategic mountain-top villa.
1.00 **to 3.00** AM **Find It, Fix It, Flog It**

+1hour 255 329

7 PM
8 PM
9 PM
10 PM

Friday

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Chasing Classic Cars**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **The Repair Shop**
8.00 **Johnny Vegas' Little Shop of Antiques** The comedian opens an antiques shop in Cheshire.
9.00 **The Repair Shop** Items include a war-torn leather armchair and a broken music box. **10.00** Julie and Amanda restore an 88-year-old teddy bear from Berlin.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes to the Dress: UK** Double bill.
8.00 **Say Yes to the Dress**
10.00 **Say Yes to the Dress: Atlanta** Double bill.
11.00 **Say Yes to the Dress**
12.00 NOON **Betrayed**
1.00 PM **On the Case**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Chris Parker.
4.00 **American Monster**
6.00 **People Magazine Investigates**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **Mean Girl Murders** New edition
10.00 **Mean Girl Murders**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Melissa White.
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Forensic Factor** A look at whether the sound of a suspect's voice can reveal his lie.
8.00 **Britain's Countryside Killers** Exploring the tragic murder of 18-year-old Lily Sullivan in Pembroke, Wales.
9.00 **Shocking Crimes: Murder Book** After 46 years, investigators made a break through and captured California cop killer Gerald Mason.
10.00 **The Killer You Know** New edition Police are stunned after looking into three murder cases.
11.00 **Murder by the Sea**
1.00 AM **Shocking Crimes: Murder Book**
2.00 **The Killer You Know**
3.00 **Britain's Countryside Killers** As 8.00pm.
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Close Calls: On Camera** Four editions.
11.00 **Medical Detectives**
2.00 PM **Close Calls: On Camera** Four editions.
4.00 **Medical Detectives** Fog on the deadliest highway in America. **4.30** Napa County police investigate a killing. **5.00** How DNA analysis of blood spots linked helped solve a murder. **5.30** A murderer with no money or lawyer tries to overturn his conviction. **6.00** The flu-like symptoms of a mother and her children proved to be something serious. **6.30** A girl admits the testimony used to convict her uncle of murder was untrue.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
7.00 **Send in the Dogs**
8.00 **The Force: Manchester**
9.00 **Highway Patrol**
10.00 **Road Wars**
11.00 **The Real Manhunter**
12.00 NOON **Murdered at First Sight** Cheryl Moss.
1.00 PM **Britain's Most Evil...**
2.00 **The Killer Within**
3.00 **Catching the Killer**
4.00 **World's Most Evil Killers**
5.00 **The Real Manhunter**
6.00 **The Killer Within**
7.00 **Catching the Killer**
8.00 **World's Most Evil Killers**
9.00 **What the Killer Did Next**
10.00 **Murder on the Doorstep: Killer Clown**
11.00 **Britain's Most Evil Killers**
12.00 M'T **The Real Manhunter**
1.00 AM **Killer in My Village**
2.00 **An Unexpected Killer**
3.00 **Snapped** Documentary.
4.00 **Road Wars**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.40 **Inside High Noon**
9.50 **The Massacre That Shook the Empire**
10.50 **The 100 Days That Defined Modern History**
11.55 **The Dictator's Playbook**
1.00 PM **Mafia's Greatest Hits**
2.00 **Inside High Noon**
3.15 **The Massacre That Shook the Empire**
4.20 **The 100 Days That Defined Modern History**
5.20 **The Dictator's Playbook**
6.30 **Inside High Noon**
7.45 **The Massacre That Shook the Empire**
8.50 **The 100 Days That Defined Modern History** The events that led to the fall of The Berlin Wall.
9.50 **The Dictator's Playbook**
10.55 **The Massacre That Shook the Empire**
12.00 M'T **The 100 Days That Defined Modern History**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

FRIDAY

Friday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The Movies**
7.00 **Discovering: Maggie Smith**
8.00 **The Directors**
8.55 **The Vow**
10.00 **All That Breathes**
12.00 NOON **The Fog of War** Former US Secretary of Defense Robert McNamara talks about his opposition to war in Vietnam.
2.00 PM **Wirecard: A Billion Euro Lie**
4.00 **Discovering: Maggie Smith**
4.50 **The Directors**
5.45 **The Vow**
6.50 **Surviving Ohio State** The scandal surrounding athletics doctor Richard Strauss.
9.00 **Spitfire** The story of British single-seat fighter plane the Supermarine Spitfire.
11.00 **Love to Love You, Donna Summer** Profile of the singer.
1.00 AM **Urban Secrets** Alan Cumming travels to Dublin.
2.00 **NEW My Mom Jayne** Mariska Hargitay explores the life of her mother Jayne Mansfield.
4.00 **The Directors**
5.00 **to 6.00** AM **Discovering: Maggie Smith**

Sky Nature

124/125 113/114 189 354 369

6.00 AM **Pridelands: Wilderness Reborn**
7.00 **Monkey Life**
8.00 **Wildlife ER**
9.00 **Super Shark Highway**
10.00 **Wild Crusades**
11.00 **New Kids in the Wild**
12.00 NOON **Big Cat Country**
1.00 PM **Monkey Life**
2.00 **Wildlife ER**
3.00 **Super Shark Highway**
4.00 **Wild Crusades**
5.00 **Wild Tales from the Farm**
6.00 **Hope for Wildlife: The Next Generation** New edition The staff try to find a place for all the orphaned animals coming in.
7.00 **Monkey Life** Double bill.
8.00 **Patrick Aryee's Wild World**
9.00 **Bugs That Ruled the World**
10.00 **Hope for Wildlife: The Next...**
11.00 **Wild Tales from the Farm**
12.00 M'T **New Kids in the Wild**
1.00 AM **Wildlife Icons**
2.00 **Patrick Aryee's Wild World**
3.00 **Bugs That Ruled the World**
4.00 **Wildlife ER**
5.00 **to 6.00** AM **Super Shark Highway**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **National Park Mysteries**
9.00 **Weird Britain**
10.00 **River Hunters**
11.00 **Ancient Aliens**
1.00 PM **National Park Mysteries**
2.00 **Weird Britain**
3.00 **History's Greatest Aircraft**
4.00 **Ross Kemp: Deep Sea Treasure Hunter**
5.00 **UFO Hunters**
6.00 **Dirty Old Cars**
7.00 **What on Earth?**
8.00 **Ghost Ships**
9.00 **Hitler's Handmaidens** Documentary series examining the 'Nazi Woman' through a contemporary lens.
10.00 **WWII Lost Films** Marine Nolen Marbrey is wounded in the Battle of Peleliu in the Pacific.
11.00 **Secret Wars Uncovered**
12.00 M'T **Ancient Aliens**
2.00 AM **Guns That Changed the Game** The quest to create more innovative and lethal weapons.
3.00 **History's Greatest Aircraft**
4.00 **Mission Unexplained**
5.00 **to 6.00** AM **UFO Hunters**

Crime+Investigation

156 142 133

6.00 AM **Cold Case Files**
7.00 **Homicide Hunter**
8.00 **Interrogation Raw**
9.00 **Murdertown**
10.00 **Sunshine Slayings**
11.00 **Somebody's Hiding Something**
12.00 NOON **Criminal Confessions**
1.00 PM **Murder By Medic**
2.00 **Killer Britain**
3.00 **Murdertown**
4.00 **Cops Gone Bad with Will Mellor** Michael Coulton.
5.00 **When Missing Turns to Murder**
6.00 **Cold Case Files**
7.00 **The First 48 Presents: Critical Minutes**
8.00 **Murder By Medic** Series finale
9.00 **Fugitives Caught on Tape** New editions Double bill.
10.00 **Undercover: Caught on Tape**
11.00 **Fugitive Hunters: Mexico**
12.00 M'T **Murder By Medic**
1.00 AM **Fugitives Caught on Tape**
2.00 **Court Cam**
3.00 **Criminal Confessions**
4.00 **Killer Britain**
5.00 **to 6.00** AM **Sunshine Slayings**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Critter Fixers: Country Vets**
9.00 **Monster Fish**
10.00 **Savage Kingdom**
11.00 **Animals Gone Wild**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Mega Hammerhead**
3.00 **Birth of Europe**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Critter Fixers: Country Vets** The doctors carefully treat a giant Burmese python.
8.00 **Africa's Hunters** Wild dog pups learn to hunt as a pack.
9.00 **Chasing Rhinos** Billy Bush joins a patrol that are protecting rhinos from poachers.
10.00 **Alaska: The Next Generation** The autumn season nears its end as winter knocks at the door.
11.00 **Ice Road Rescue**
12.00 M'T **When Sharks Attack**
1.00 AM **Monster Fish**
2.00 **The Incredible Dr Pol**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Greatest Events of World War II** As shown at 8.00pm.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Greatest Events of World War II** Colourised footage retells the story of the Battle of Stalingrad, one of the bloodiest battles of World War Two.
9.00 **Unexplained and Unexplored** Justin Fornal and Emiliano Ruprah investigate an international conspiracy.
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Forensic Detectives**
1.00 AM **Blowing Up History**
2.00 **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 151

9.00 AM **The Dick Emery Show**
11.00 **Secret Army**
1.25 PM **Pickwick Papers**
2.40 **The Dick Emery Show**
4.40 **Secret Army**
7.05 **Pickwick Papers** 6/12. Pickwick sets off to London to visit Dodson and Fogg. **7.40** 7/12. Pickwick quarrels with Peter Magnus. (S1)
8.20 **The Dick Emery Show** Triple bill featuring comic sketches.
10.20 **Secret Army** *Lisa – Code Name Yvette:* 1/16. First episode of the World War Two drama. Lifeline's activities begin to attract attention as London sends an agent to coordinate their efforts. (S1)
11.35 **Louis Theroux: Law & Disorder in Johannesburg** The journalist visits Johannesburg, where locals have turned to an industry of private security firms after losing trust in the police.
12.55 AM **Secret Army**
2.10 **The Dick Emery Show**
3.50 **to 6.00** AM **Secret Army**

+1 hour 266 376

ID

154 141 166

8.00 AM **Til Death Do Us Part**
9.00 **Shattered**
11.00 **Murder Comes to Town**
1.00 PM **Evil Lives Here: Shadows of Death** Double bill.
3.00 **Swamp Murders**
5.00 **Evil Lives Here**
7.00 **Murder in the Heartland** A case in which Jill Walker found her daughter, Emma, cold to the touch in her own bed. **8.00** When young mother Casey Morgan is found dead inside her home, police must unravel her complex dating history to unmask the killer.
9.00 **Murder Under the Friday Night Lights** A football coach is shot in front of dozens of witnesses, including his own family. A former NFL player sits at the centre of the investigation.
10.00 **Seduced to Slay**
11.00 **Who the (Bleep) Did I Marry?**
12.00 M'T **Obsession: Dark Desires**
2.00 AM **Evil Lives Here**
4.00 **to 6.00** AM **Murder in the Heartland**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Extreme RVs**
7.00 **Kindig Customs**
8.00 **Motor Pickers**
9.00 **Texas Metal**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Outback Car Hunters**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Texas Metal**
4.00 **Custom Carolina**
5.00 **Motor Pickers**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Custom Carolina** Tommy and the crew find a partially restored 1960 Chevy C10 pick up that has been abandoned.
9.00 **Hyperspeed**
10.00 **Texas Metal**
11.00 **Shed and Buried**
12.00 M'T **Custom Carolina**
1.00 AM **Outback Car Hunters**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.40 AM **Empire Waist** Comedy drama. (2024, 12, 94min) ★★★
8.20 **Home Delivery** Thom Harp's comedy. (2023, 15, 86min)
10.00 **PREMIERE Wicked** As 8pm.
12.45 PM **Gladiator II** As 10.40pm.
3.15 **William Tell** Historical action drama starring Claes Bang. (2025, 15, 133min) ★★★
5.30 **Joker: Folie à Deux** Musical thriller starring Joaquin Phoenix and Lady Gaga. (2024, 15, 138min) ★★★★

8.00 Wicked

8.00 PREMIERE Wicked Part one of *The Wizard of Oz* prequel based on the hit stage musical, starring Cynthia Erivo and Ariana Grande. A green-skinned young woman named Elphaba forges an unlikely friendship with Glinda, a student with an unflinching desire for popularity. (2024, PG, 160min) ★★★★
See review, page 22.
SEX ●●● VIOLENCE ●●● LANG ●●●

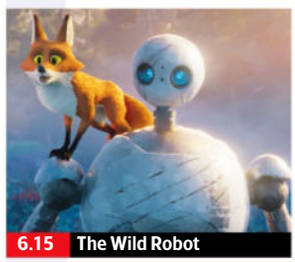
10.40 Gladiator II Director Ridley Scott's historical drama sequel starring Paul Mescal, Pedro Pascal and Denzel Washington. (2024, 15, 148min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.10 AM **I Don't Understand You** Horror comedy starring Nick Kroll. (2025, 15, 97min) ★★★
3.00 **Strange Darling** Thriller. (2023, 18, 97min) ★★★★
4.40 **to 6.20** AM **Home Delivery**

Sky Cinema Epic Worlds

303 303 403 503 517

6.00 AM **The Witches** As 12.35am.
7.40 **The Cinema List: Jurassic**
8.00 **Spy Kids** Action comedy. (2001, U, 88min) ★★★★
9.45 **How to Train Your Dragon** Animation. (2010, PG) ★★★★
11.35 **The Wizard of Oz** (1939)
1.25 PM **PREMIERE Wicked**
4.10 **Indiana Jones and the Kingdom of the Crystal Skull** Adventure. (2008, 12) ★★★
6.15 **The Wild Robot** Animation. (2024, U, 102min) ★★★★



6.15 The Wild Robot

8.00 PREMIERE Wicked (Singalong Version) Part one of *The Wizard of Oz* prequel based on the hit stage musical, starring Cynthia Erivo, Ariana Grande and Jeff Goldblum, presented as a singalong version. (2024, PG, 160min) ★★★★
See review, page 22.
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 The Wizard of Oz Classic musical fantasy starring Judy Garland. (1939, U, 98min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **The Witches** Fantasy starring Anjelica Huston. (1989, PG, 90min) ★★★★
2.15 **Ready Player One** Adventure. (2018, 12, 140min) ★★★★
4.45 **Sky Cinema Preview**
5.35 **to 7.25** AM **Robin and the Hoods** Family comedy. (2024, PG, 101min) ★★

Sky Cinema Drama

310 310 410 510 524

6.15 AM **Oppenheimer** Epic biopic. (2023, 15, 180min) ★★★★★
9.15 **Miss You Already** Comedy drama. (2015, 12, 112min) ★★★
11.10 **Burlesque** Musical romantic drama. (2010, 12, 119min) ★★★
1.10 PM **A Sacrifice** Drama with Eric Bana. (2024, 15, 94min) ★★★
2.50 **Billionaire Boys Club** Drama starring Ansel Elgort and Taron Egerton. (2018, 15, 108min) ★
4.40 **Two Mules for Sister Sara** Comedy Western starring Clint Eastwood and Shirley MacLain. (1969, 15, 114min) ★★★
6.35 **My First Summer** Drama starring Markella Kavenagh. (2020, 15, 80min) ★★★
8.00 **Bob Marley: One Love** Biopic starring Kingsley Ben-Adir. (2023, 12, 104min) ★★★
9.55 **North Hollywood** Comedy drama starring Ryder McLaughlin and Vince Vaughn. (2021, 15, 93min) ★★★
11.40 **Billionaire Boys Club** (2018)
1.35 AM **Young at Heart** Musical romance starring Doris Day. (1954, U, 117min) ★★★
3.40 **My First Summer** As 6.35pm.
5.05 **to 6.50** AM **The Damned United** Sports biopic. (2009, 15, 98min) ★★★★

Sky Cinema Superman

311 311 411 511 525

6.00 AM **Superman** As 10.50pm.
8.25 **Superman II** As 4.55pm.
10.35 **Superman III** As 7.05pm.
12.45 PM **Superman IV: The Quest for Peace** As 9.15pm.
2.30 **Superman** As 10.50pm.
4.55 **Superman II** Fantasy adventure sequel starring Christopher Reeve. Three villains with Kryptonite challenge the Man of Steel. (1980, PG, 127min) ★★★
7.05 **Superman III** Fantasy adventure sequel starring Christopher Reeve and Richard Pryor. Superman battles against a megalomaniac tycoon who is using a bumbling computer genius to plan the crime of the century. With Robert Vaughn. (1983, PG, 123min) ★★★
9.15 **Superman IV: The Quest for Peace** Fantasy adventure sequel starring Christopher Reeve and Gene Hackman. (1987, PG, 90min) ★
10.50 **Superman** Fantasy adventure with Christopher Reeve, Margot Kidder and Marlon Brando. (1978, PG, 143min) ★★★★
1.15 AM **Superman II** As 4.55pm.
3.25 **Superman III** As 7.05pm.
5.35 **to 6.10** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.25 AM **Finding Neverland**
9.10 **Beethoven's 2nd** Comedy sequel. (1993, U, 89min) ★★
10.45 **Stardust** Comedy adventure. (2007, PG, 127min) ★★★★
12.55 PM **Look Who's Talking Now** Comedy sequel. (1993, 12) ★
2.35 **Yogi Bear** Family comedy. (2010, U, 81min) ★★★
4.00 **Finding Neverland** Drama. (2004, PG, 101min) ★★★★
5.45 **Johnny English Reborn** Spoof sequel. (2011, PG) ★★★

7.30 The Smurfs

7.30 The Smurfs Adventure starring Neil Patrick Harris, and featuring the voices of Katy Perry and Alan Cumming. (2011, U, 103min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.20 The Smurfs 2 Family adventure sequel mixing live action and animation, starring Hank Azaria and Neil Patrick Harris. The Smurfs and their human friends dash around Paris to thwart an evil wizard. (2013, U, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **Pups United** Adventure with Matthew James Roberts. (2015, U, 89min) ★★★
12.45 AM **Big Fat Liar** Teen comedy starring Frankie Muniz. (2002, PG, 88min) ★★★
2.15 **Beethoven** Family comedy. (1992, U, 87min) ★★★
3.50 **Harriet the Spy** Adventure. (1996, PG, 97min) ★★★★
5.35 **to 7.20** AM **Breaking Point** Drama starring Karam Singh. (2023, 12, 102min) ★★★

Sky Cinema Action

307 307 407 507 521

6.40 AM **Project A** As 2.00am.
8.30 **The Hand of Death** (1976)
10.10 **The Legend of Tarzan** Action adventure. (2016, 12) ★★★
12.05 PM **Meg 2: The Trench**
2.15 **Godzilla** Thriller remake. (2014, 12, 118min) ★★★
4.25 **Swordfish** Action thriller starring John Travolta. (2001, 15, 99min) ★★★
6.10 **Charlie's Angels** Comedy thriller with Drew Barrymore. (2000, 15, 97min) ★★★★

6.10 Charlie's Angels

8.00 Charlie's Angels: Full Throttle Comedy thriller sequel starring Cameron Diaz, Drew Barrymore and Lucy Liu. The Angels run into a fallen former Angel when they seek to retrieve two silver rings containing top-secret information. (2003, 12, 106min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Meg 2: The Trench Director Ben Wheatley's comedy thriller sequel starring Jason Statham. (2023, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **The Italian Job** Crime thriller inspired by the classic 1960s caper film. (2003, 12, 110min) ★★★
2.00 **Project A** Hong Kong martial arts thriller. Subtitled. (1985, 12, 72min) ★★★
3.50 **The Hand of Death** Hong Kong action thriller. Subtitled (1976, 15, 95min) ★★★
5.35 **to 7.40** AM **The Three Musketeers: Milady** Adventure. (2023, 12, 115min) ★★★★

Sky Cinema Comedy

308 308 408 508 522

6.50 AM **Borat Subsequent Moviefilm** As 1.50am.
8.35 **Coming 2 America** Comedy. (2021, 12, 108min) ★★★
10.30 **Dumb and Dumber** Comedy. (1994, 12, 107min) ★★★
12.25 PM **Dumb and Dumber To** Comedy sequel. (2014, 15) ★★
2.20 **Singin' in the Rain** Musical. (1952, U, 102min) ★★★★★
4.10 **The Five-Year Engagement**
6.25 **Disaster Movie** Spoof comedy. (2008, 12, 86min) ★

10.00 The Back-Up Plan

8.00 Anyone But You Romantic comedy starring Sydney Sweeney and Glen Powell. After a first date, a duo's attraction turns chilly, until they are reunited at a wedding. (2023, 15, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 The Back-Up Plan Comedy starring Jennifer Lopez. A career woman meets her Mr Right having just been artificially inpregnanted with twins. (2010, 12, 100min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **LaRoy, Texas** Crime caper. (2023, 15, 112min) ★★★★
1.50 AM **Borat Subsequent Moviefilm** Mockumentary sequel. (2020, 15, 95min) ★
3.30 **Zombie Town** Horror comedy. (2023, 12, 92min) ★★
5.10 **to 7.20** AM **The Five-Year Engagement** Comedy. (2012, 15, 119min) ★★★

Sky Cinema Thriller

309 309 409 509 523

7.20 AM **Eileen** As 2.35am.
9.10 **Contraband** Action thriller. (2012, 15, 105min) ★★★
11.10 **The Equalizer** Action thriller. (2014, 15, 132min) ★★★
1.30 PM **The Equalizer 2** Action thriller sequel. (2018, 15, 121min) ★★★
3.40 **American Star** Mystery thriller. (2023, 15, 107min) ★★★★
5.40 **In the Line of Fire** Thriller starring Clint Eastwood. (1993, 15, 127min) ★★★★

10.25 Vertigo

8.00 Captain Phillips Fact-based thriller starring Tom Hanks and Barkhad Abdi. Four Somali pirates hijack a US container ship, putting its veteran captain through a terrifying ordeal. (2013, 12, 129min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

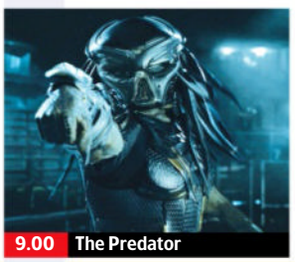
10.25 Vertigo Alfred Hitchcock's classic thriller starring James Stewart and Kim Novak. A San Francisco detective with a fear of heights is drawn into a complex intrigue. (1958, PG, 128min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **American Star** (2023)
2.35 **Eileen** Thriller with Thomasin McKenzie and Anne Hathaway. (2023, 15, 97min) ★★★★
4.20 **to 6.00** AM **Breakdown** Thriller starring Kurt Russell, Kathleen Quinlan and JT Walsh. (1997, 15, 94min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **A Kid for Two Farthings** Comedy (1954, U) ★★★★
12.50 PM **The Gift Horse** Adventure. (1952, b/w, PG, 100min) ★★★
2.55 **Arizona Raiders** Western. (1965, PG, 88min) ★★
4.40 **The Next Karate Kid** Martial arts adventure sequel. (1994, PG, 104min) ★★
6.45 **Independence Day: Resurgence** Sci-fi adventure. (2016, 12, 120min) ★★★



9.00 The Predator

Independence Day: Resurgence (film started at 6.45pm) 8 PM
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 The Predator Sci-fi action thriller starring Boyd Holbrook, Trevante Rhodes and Jacob Tremblay. A band of former soldiers and a scientist attempt to defeat a savage extra-terrestrial warrior. (2018, 15, 102min) ★★★ 9 PM
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **Venom** Fantasy adventure starring Tom Hardy. A journalist gains superhuman strength and power when his body merges with an alien organism. (2018, 15, 112min) ★★★ 10 PM
1.15 **to 3.20** AM **Step Brothers** Comedy starring Will Ferrell and John C Reilly as middle-aged stepbrothers. (2008, 15, 98min) ★★★★ 11 PM

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Sky Cinema 2025 Recap

302 302 402 502 516

6.50 AM **Bookworm** Comedy. (2024, 12, 103min) ★★★★
8.35 **The Garfield Movie** Animation. (2023, U, 101min) ★★★
10.20 **The Wild Robot** Animation. (2024, U, 102min) ★★★★
12.05 PM **Thelma** As 12.20am.
1.45 **Trap** Thriller with Josh Hartnett. (2024, 15, 105min) ★★★★
3.35 **Speak No Evil** Horror thriller. (2024, 15, 110min) ★★★★
5.30 **Gladiator II** Historical drama sequel. (2024, 15, 148min) ★★★
8.00 **PREMIERE Wicked** Part one of *The Wizard of Oz* prequel based on the hit stage musical, starring Cynthia Erivo, Ariana Grande and Jeff Goldblum. (2024, PG, 160min) ★★★★
10.40 **Old Guy** Action comedy with Christoph Waltz and Lucy Liu. An ageing hitman must train a prodigy when his employer moves to replace the old guard. (2024, 15, 94min) ★★★
12.20 AM **Thelma** Action comedy. (2024, 12, 98min) ★★★★
2.10 **Twilight of the Warriors: Walled In** Hong Kong thriller with Raymond Lam. Subtitled. (2024, 15, 126min) ★★★
4.20 **to 6.00** AM **Sneaks** Animated comedy. (2025, PG, 92min) ★★

Sky Cinema Greats

304 304 404 504 518

7.15 AM **Sabrina** As 3.25am.
9.25 **Lost in Translation** Bittersweet romantic comedy drama. (2003, 15, 102min) ★★★★★
11.20 **Schindler's List** Steven Spielberg's historical drama. (1993, 15, 195min) ★★★★★
2.40 PM **Stand by Me** Drama. (1986, 15, 89min) ★★★★★
4.25 **Flashdance** Dance drama. (1983, 15, 96min) ★★★
6.10 **Footloose** Teen dance drama starring Kevin Bacon and Lori Singer. (1984, 12, 107min) ★★★
8.00 **Grease** Smash-hit musical starring John Travolta and Olivia Newton-John. An Australian teenager at a 1950s California high school falls in love with the tough-talking leader of the T-Birds gang. (1978, PG, 110min) ★★★★
9.55 **Grease 2** Musical sequel with Maxwell Caulfield and Michelle Pfeiffer. (1982, PG, 109min) ★★
11.55 **The Golden Child** Fantasy adventure starring Eddie Murphy. (1986, PG, 93min) ★★
1.35 AM **Footloose** As 6.10pm.
3.25 **Sabrina** Billy Wilder comedy. (1954, b/w, U, 113min) ★★★★
5.20 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Animation

305 305 412 500 514

6.25 AM **Fox and Hare Save the Forest** As shown at 2.20am.
7.45 **Rugrats in Paris** Animation. (2000, U, 79min) ★★★
9.15 **Shrek** Animated comedy. (2001, U, 90min) ★★★★★
10.55 **The Emoji Movie** Animated adventure. (2017, U, 83min) ★
12.30 PM **Monster Family** As 9.15pm.
2.10 **Monster Family 2** Animated sequel. (2021, U, 90min) ★
4.00 **Shrek 2** Animated sequel. (2004, U, 93min) ★★★★★
5.40 **Smurfs: The Lost Village** Animated family adventure. (2017, U, 87min) ★★★
7.25 **The Garfield Movie** Animation. (2023, U, 101min) ★★★
9.15 **Monster Family** Animated comedy. (2017, PG, 96min) ★★
11.00 **Batman Unlimited: Animal Instincts** Animated adventure. (2015, PG, 74min) ★★
12.30 AM **The Inventor** Animation. (2023, PG, 100min) ★★★
2.20 **Fox and Hare Save the Forest** Animation. (2024, U) ★★★
3.45 **Tad the Lost Explorer and the Secret of King Midas** Animation. (2017, U, 85min) ★★★
5.20 **to 7.10** AM **Boonie Bears: Guardian Code** Animation. (2023, PG, 96min) ★★★

Movies 24

312 313 419

7.00 AM **Holiday Crashers** Comedy. (2024, PG, 90min) ★★
9.00 **Ghosts of Christmas Always** Fantasy. (2022, PG, 90min) ★★
11.00 **A Maple Valley Christmas** Drama. (2022, PG, 85min) ★★
1.00 PM **The Great Christmas Switch** Festive comedy. (2021, PG, 84min) ★★
3.00 **Christmas Under the Lights** Drama. (2024, PG, 90min) ★★
5.00 **A Christmas Contest** Romantic comedy. (2021, PG, 88min) ★★
7.00 **Twas the Night Before Christmas** Drama with Torrey DeVitto. (2022, PG, 84min) ★★
9.00 **The Christmas Brew** Festive romance starring Kaitlyn Lunardi and James Liddell. A young business consultant is sent to acquire a small craft brewery, but falls in love with the kindly owner. (2024, PG, 89min) ★★
11.00 **Haul Out the Holly** Festive comedy. (2022, PG, 90min) ★★
1.00 AM **A Fabled Holiday** Romantic fantasy starring Brooke D'Orsay. (2022, PG, 90min) ★★
3.00 **to 5.00** AM **A Christmas Cookie Catastrophe** Romantic comedy. (2022, PG, 90min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **The Fast and the Furious** Thriller. (1954, U, 75min) ★★★
7.30 **Look at Life**
7.45 **The Strange Woman** Drama. (1946, b/w, PG, 100min) ★★★★
9.45 **To Have and to Hold** Drama. (1950, b/w, PG, 63min) ★★★
11.00 **Snowbound** Suspense thriller. (1948, b/w, PG, 87min) ★★★
12.40 PM **Made for Each Other** Drama. (1939, b/w, U) ★★★
2.30 **Walk a Crooked Mile** Drama. (1948, b/w, PG, 91min) ★★★
4.20 **Look at Life**
4.30 **School for Secrets** A tribute to the scientists who invented radar. (1946, b/w, PG, 108min) ★★★
6.35 **The 39 Steps** Spy adventure. (1959, U, 93min) ★★★
8.25 **Strange But True**
9.00 **Cellar Club with Caroline Munro**
9.05 **Doomwatch**
10.05 **Cellar Club with Caroline Munro**
10.10 **Dr Jekyll and Mr Hyde** Horror. (1980, 15, 115min) ★★★
12.30 AM **Cellar Club with Caroline...**
12.35 **Play Dirty** World War Two drama starring Michael Caine. (1968, 15, 115min) ★★★
2.55 **The Moderns** Romantic drama. starring Keith Carradine. (1988, 15, 121min) ★★★★
5.30 **to 6.00** AM **Time to Remember**

Friday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
8.30 **LIVE DP World Tour Golf** Coverage of the second day's play of the Scottish Open staged at Renaissance Club, North Berwick.
10.15 **LIVE Test Cricket England v India.** Coverage of the second day of the third Test in the five-match series from Lord's. In the last five Test matches between the two countries at this venue since 2007, both sides have picked up two victories. England's last win against India at Lord's came in 2018, when the hosts won comfortably by an innings and 159 runs to take a 2-0 lead in a five-match series that the hosts won 4-1.
7.00 PM **Sky Sports News**
7.30 **LIVE Super League Leeds Rhinos v St Helens.** Coverage of the match from Headingley Stadium. Kick-off is at **8.00pm**.
10.15 **LIVE PGA Tour Golf** Coverage of the second day of the ISCO Championship from Hurstbourne Country Club Championship Course in Louisville, Kentucky.
12.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
10.00 **Premier League Years**
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **PL Retro** Crystal Palace v Liverpool from 2013/14.
3.00 **Premier League 100 Club**
4.00 **Premier League Icons**
5.00 **SNF** Ipswich Town v Manchester City in the Premier League.
5.30 **Premier League Highlights** Ipswich v Manchester United.
6.00 Leicester City v Liverpool.
6.30 Liverpool v Arsenal.
7.00 Liverpool v Brentford.
7.30 Liverpool v Chelsea.
8.00 **Gary Neville's Soccerbox**
8.30 **MNF Special: Pep Guardiola** A look at the Spanish manager's time at Manchester City so far.
9.45 **Virgil Van Dijk Social Story**
10.00 **Class of '92: Full Time**
11.00 **Premier League Icons**
12.00 M'T **Premier League Legends**
1.00 AM **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Best PL Goals 2000/01**
5.00 **Premier League 100 Club**
5.30 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Cup Retro**
8.00 **Old Firm Derby Best Goals**
9.00 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **EFL Cup Highlights**
11.30 **EFL Trophy** Archive action.
12.00 NOON **Championship Retro**
2.45 PM **EFL Greatest Games**
4.00 **EFL Cup Highlights** Manchester United v Tottenham Hotspur in the 2009 final.
5.00 **Best Scottish Premiership Goals 2021/22** Classic strikes.
5.30 **SPFL** A look at the best goals from the 2014/15 season.
6.00 **Retro League One** A chance to see Gillingham v Manchester City in the 1999 play-off final.
8.45 **EFL Greatest Games**
10.00 **EFL Cup Highlights** Liverpool v Cardiff City in the 2012 final.
11.00 **Best Scottish Premiership Goals 2022/23** Classic strikes from the Scottish top flight.
11.30 **Best Scottish Premiership Goals 2023/24** Classic goals.
12.00 M'T **SPFL Greatest Games**
2.00 AM **EFL Greatest Games**
4.00 **EFL Cup** Chelsea v Liverpool.
5.00 **Best Goals: EFL Cup 2021/22**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

404 404 514 504 422 442

6.00 AM **Test Cricket** England v India.
7.00 **The Film Room: England v India**
7.30 **Best of England v India**
8.00 **Test Cricket** England v India.
9.00 **The Film Room: England v India**
9.30 **Best of England v India**
10.00 **Test Cricket Bitesize**
10.15 **LIVE Test Cricket England v India.** The second day of the third Test in the five-match series staged at Lord's in London. In the last five Test matches between the two countries at this venue since 2007, both sides have picked up two victories.
7.00 PM **LIVE T20 Blast Cricket Lancashire Lightning v Yorkshire Vikings.** Coverage of the North Group match from Old Trafford in Manchester.
10.15 **Best of ICC WT20**
11.00 **Test Cricket** England v India.
12.00 M'T **Best of ICC WT20**
12.15 AM **Test Cricket Bitesize**
12.30 **Vitality T20 Blast Cricket** A chance to see Lancashire Lightning v Yorkshire Vikings.
3.50 **Ashes Greats** Adam Gilchrist.
4.00 **Test Cricket** England v India.
5.00 **to 6.00** AM **Best of England v India**

Sky Sports Golf

405 405 515 505 423 443

6.00 AM **Asian Tour Golf**
7.00 **Chronicles of a Champion Golfer** A profile of Jordan Spieth.
7.30 **LPGA Tour Golf** Highlights.
8.30 **LIVE DP World Tour Golf** The second day of the Scottish Open at Renaissance Club in North Berwick, where Robert MacIntyre is the defending champion.
7.00 PM **Underdogs: Untold Story**
8.00 **HotelPlanner Tour Golf**
8.30 **LPGA Tour Golf** Highlights.
9.30 **LIVE PGA Tour Golf** Coverage of day two of the ISCO Championship from Hurstbourne Country Club Championship Course in Louisville, Kentucky.
12.30 AM **LPGA Tour Golf**
1.30 **Ladies European Tour Golf**
2.30 **Golf Academy** Ian Woosnam.
3.00 **LPGA Tour Golf** Highlights.
4.00 **DP World Tour Golf**
5.00 **to 6.00** AM **Playing Lessons**

TNT Sports 1

410 413 521 408 430

6.00 AM **Cycling: Tour de France**
7.00 **Wimbledon** Action from day 11.
8.30 **Cycling: Women's Giro d'Italia**
9.30 **Cycling: Tour de France**
11.00 **LIVE Cyling: Tour de France** Coverage from the seventh stage of the men's race, a 197km route from Saint-Malo to Guerlédan.
4.30 PM **LIVE UCI Mountain Bike World Series** The women's XCC Short Track Elite race.
5.30 **LIVE UCI Mountain Bike World Series** Coverage of the men's XCC Short Track Elite race.
6.30 **No Filter Cycling**
6.45 **Playing for Our Future**
7.00 **Cycling: Women's Giro d'Italia**
8.00 **Cycling: Tour de France**
9.00 **Uphill Climb** The Women's Tour de France from 1984 to1989.
9.45 **Training Day** Tim Henman.
10.00 **Ultimate Pool** Pairs Cup.
11.30 **UCI Mountain Bike World Series**
12.30 AM **MLB Plays of the Week**
1.00 **MLB: Off the Bat**
1.30 **MLB Highlights** Recent action.
2.30 **LIVE MLB San Diego Padres v Philadelphia Phillies.** Coverage of the National League match at Petco Park. Start-time **2.40am**.
5.45 **to 6.00** AM **MLB Classic**

TNT Sports 2

411 414 522 409 431

6.00 AM **British Superbikes**
7.00 **MotoGP Highlights**
8.00 **LIVE MotoGP** Coverage of the Grand Prix of Germany MotoGP, Moto2 and Moto3 first free practice sessions from Sachsenring in Chemnitz, Germany.
10.45 **MotoGP Rewind**
12.15 PM **LIVE MotoGP** Coverage of the Grand Prix of Germany MotoGP, Moto2 and Moto3 first practice sessions from Sachsenring in Chemnitz, Germany.
3.15 **TNT Sports Reload**
3.30 **Ultimate Pool** Pairs Cup.
5.00 **MLB Highlights** Recent action.
6.00 **MLB Plays of the Week**
6.30 **Premiership Rugby Union**
7.00 **AFL** Suns v Magpies.
8.30 **TNT Sports Reload**
9.00 **Cliff Diving World Series**
10.00 **TNT Sports Cricket Reload**
10.30 **Test Cricket Highlights**
12.30 AM **Cycling: Tour de France**
1.30 **TNT Sports Reload**
2.00 **MotoGP** Grand Prix of Germany.
2.30 **AFL** Suns v Magpies.
4.00 **to 7.00** AM **LIVE AFL Western Bulldogs v Adelaide Crows.** Coverage from Marvel Stadium in Melbourne. Bounce-up **4.20am**.

Sky Sports Action

408 408 517 507 426 446

6.00 AM **British and Irish Lions Tour**
11.00 **LIVE NRL Cronulla-Sutherland Sharks v Dolphins.** Coverage of the match from Sharks Stadium in Sydney. Kick-off **11.00am**.
1.00 PM **British and Irish Lions Tour**
5.00 **LIVE Women's Super League Leeds Rhinos v St Helens.** Coverage from Headingley Stadium. Kick-off **5.30pm**.
7.30 **LIVE Super League Leeds Rhinos v St Helens.** Coverage of the match at Headingley Stadium. These two sides last met in the league last month in St Helens, where the hosts came away with a comfortable 18-4 victory at the Totally Wicked Stadium. Deon Cross, Owen Dagnall and Tristan Sailor all scored tries to give the visitors the points, with Riley Lumb scoring the only try for the Rhinos. Kick-off is at **8.00pm**.
10.15 **Lions Legends** Ian McGeechan.
10.30 **British and Irish Lions Tour** Action from the match between British & Irish Lions and Argentina.
11.30 **One Championship Weekly**
12.00 M'T **Women's Super League**
2.30 AM **Super League**
5.15 **to 6.00** AM **Lions Legends**

Sky Sports Sky Sports+

412 410 518 508 427 447

6.00 AM **EFL Highlights**
7.00 **Good Morning Sports Fans**
10.00 **Sky Sports News**
11.00 **LIVE LPGA Tour Golf** Coverage of the second day's play of the Evian Championship staged at Evian Resort Golf Club in Evian-les-Bains, France.
5.00 PM **Sports Centre**
6.30 **Best of T20 Blast Finals Day**
6.45 **LIVE T20 Blast Cricket Lancashire Lightning v Yorkshire Vikings.** The North Group match from Emirates Old Trafford, as the first Roses match of the season takes place. This meeting last year was abandoned due to rain but the reverse fixture at Headingley saw a thrilling game as Yorkshire won by seven runs.
10.00 **Sky Sports News**
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
12.00 M'T **EFL Cup Highlights**
2.00 AM **LIVE MMA: One Championship One Fight Night 33.** Coverage from Lumpinee Stadium in Bangkok, where Allycia Helen Rodrigues v Johanna Persson is the main event.
5.30 **to 6.00** AM **EFL Cup Highlights**

Sky Sports Tennis

407 407 537 520 425 445

6.00 AM **US Open Classic Matches**
7.00 **Tennis** The 2024 US Open.
9.00 **Jack Draper's US Open**
9.30 **US Open Tennis** Event review.
10.30 **ATP Tour This Week**
11.00 **ATP Tennis** Canadian Open.
12.00 NOON **WTA Tennis**
1.00 PM **US Open Classic Matches**
2.45 **US Open Tennis** The 1981 final.
3.00 **US Open Classic Matches**
4.00 **ATP Tennis** Canadian Open final.
5.00 **WTA Tennis** Canadian Open.
6.00 **Tennis** The 2024 US Open.
8.00 **Jack Draper's US Open**
8.30 **US Open Tennis** Event review.
9.30 **ATP Tour This Week**
10.00 **ATP Tennis** Canadian Open final.
11.00 **WTA Tennis** Canadian Open.
12.00 M'T **US Open Classic Matches**
3.00 AM **Tennis** The 2024 US Open.
5.00 **to 6.00** AM **US Open Tennis Classic Matches**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **Test Cricket** England v India.
8.00 **Asian Tour Golf**
9.00 **Test Cricket** England v India.
10.00 **Ladies European Tour Golf**
11.00 **LIVE LPGA Tour Golf** Day two of the Evian Championship from Evian Resort Golf Club in France.
5.00 PM **LIVE Women's Super League Leeds Rhinos v St Helens.** From Headingley Stadium. Kick-off is at **5.30pm**.
7.30 **PL Greatest Games**
8.00 **Test Cricket** England v India.
9.00 **LPGA Tour Golf** Highlights.
10.00 **Tennis** The 2024 US Open.
12.00 M'T **Best of England v Windies**
12.30 AM **PL Greatest Games**
1.00 **Test Cricket** England v India.
3.00 **Best of England v Windies**
3.30 **Test Cricket Bitesize**
3.45 **LIVE NRLW Canberra Raiders v Cronulla-Sutherland Sharks.**
5.30 **to 6.00** AM **EFL Greatest Games**

TNT Sports 3

413 415 523 410 432

6.00 AM **European Rally C'Ship**
6.30 **LIVE V8 Supercars**
8.00 **T20 Cricket Highlights**
9.00 **TNT Sports Reload**
9.15 **Superbike World Championship**
10.15 **LIVE Superbike World Championship** Donington Park.
11.15 **Superbike World Championship**
11.45 **LIVE Women's Giro d'Italia**
1.45 PM **Superbike Rewind**
2.00 **LIVE Women's Circuit Racing World Championship**
2.45 **Superbike Rewind**
3.00 **LIVE Superbike World Championship** Donington Park.
4.45 **Superbike Rewind**
5.00 **Rolex Grand Slam**
6.00 **T20 Cricket Highlights**
7.00 **Motorcycling** Highlights.
8.30 **Rolex Grand Slam**
9.30 **Spirit of Yachting**
10.00 **Wimbledon** Day twelve.
11.30 **Women's Giro d'Italia**
12.30 AM **T20 Cricket Highlights**
1.30 **to 6.00** AM **Highlights**

TNT Sports 4

414 416 524 411 434

6.00 AM **Premier League**
10.30 **LIVE AFL Gold Coast Suns v Collingwood Magpies.**
1.30 PM **MLB Highlights**
2.30 **Endurance Uncovered: Racing for Excellence**
3.00 **LIVE ABB FIA Formula E World Championship** Berlin ePrix first free practice session from Tempelhof Airport Circuit.
4.00 **Test Cricket Highlights**
6.00 **IFSC Climbing World Cup**
7.00 **Sign Up – Into Football**
8.00 **MLB: Off the Bat**
8.30 **MLB Plays of the Week**
9.00 **Fishing: On the Bank**
10.00 **MotoGP** Grand Prix of Germany.
10.30 **British Superbikes Highlights**
11.30 **British Speedway**
12.30 AM **FIM Speedway Grand Prix**
1.30 **IFSC Climbing World Cup**
2.30 **Cliff Diving World Series**
3.30 **UCI Mountain Bike World Series**
4.30 **Cycling: Tour de France**
5.30 **to 6.00** AM **What I Wore**

Premier Sports 1

419 551

6.00 AM **UK Independent Kart Racing** The fifth round.
7.30 **LaLiga Specials** Archive action.
8.30 **Trail Menorca** Recent highlights.
9.00 **FIM Sidecarcross** In Lommel.
10.00 **Transworld Sport** Magazine.
11.00 **LaLiga Specials**
12.00 NOON **DTM Highlights**
1.00 PM **NASCAR Highlights**
2.00 **PSA Squash Highlights**
3.00 **UK Independent Kart Racing**
4.30 **Motorsport** Valentino Rossi.
5.00 **Transworld Sport** Magazine.
6.00 **NASCAR Highlights** Grant Park.
7.00 **DTM Highlights** From Norisring.
8.00 **World Surf League**
9.00 **Motorsport** Drew Gibson.
10.00 **Trail Menorca** Recent action.
10.30 **UK Independent Kart Racing**
12.00 M'T **Transworld Sport**
1.00 AM **PSA Squash Highlights**
2.00 **Motorsport** Valentino Rossi.
2.30 **LaLiga Specials** Archive action.
3.30 **DTM Highlights** From Norisring.
4.30 **to 6.00** AM **Trail Menorca**

Premier Sports 2

420 552

6.00 AM **Scottish Cup Football**
9.00 **Temples of Sport**
10.00 **LaLiga Specials** Archive action.
11.00 **NHL Ice Hockey** Florida Panthers v Edmonton Oilers in game six of the Stanley Cup Finals.
1.00 PM **NHL: This is Hockey**
1.30 **Top 14 Rugby Union**
3.30 **CONCACAF Gold Cup** Another chance to see the first semi-final.
5.30 **LaLiga Specials** The best goalkeepers from 2024/25.
6.00 **CONCACAF Gold Cup** A chance to see the second semi-final.
8.00 **LaLiga Specials** The top scorer in the 2024/25 season.
8.30 **CONCACAF Gold Cup** Another chance to see the final.
10.30 **Football's Greatest** The finest players discuss their careers.
11.00 **CONMEBOL World Cup Qualifiers** Brazil v Paraguay.
1.00 AM **NHL Ice Hockey**
3.00 **Temples of Sport**
3.30 **to 6.00** AM **Coppa Italia**

Sky Sports F1

406 406 516 506 424 444

6.00 AM **Formula 1** Highlights.
2.00 PM **Formula 1** Spanish Grand Prix.
3.00 The Canadian Grand Prix.
4.00 Austrian Grand Prix.
5.00 The British Grand Prix.
6.00 **Indycar** Indy 200 at Mid-Ohio.
8.30 **LIVE Indycar** Coverage of the Synk 275 first practice session at Iowa Speedway in Newton, Iowa.
9.30 **LIVE Indycar** Coverage of the Synk 275 second practice session.
11.00 **Indycar** Indy 200 at Mid-Ohio.
12.00 M'T **Formula 1** British Grand Prix.
1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

KIDS WATCHLIST

Great shows for young viewers (from tots to teens) on linear TV and streaming

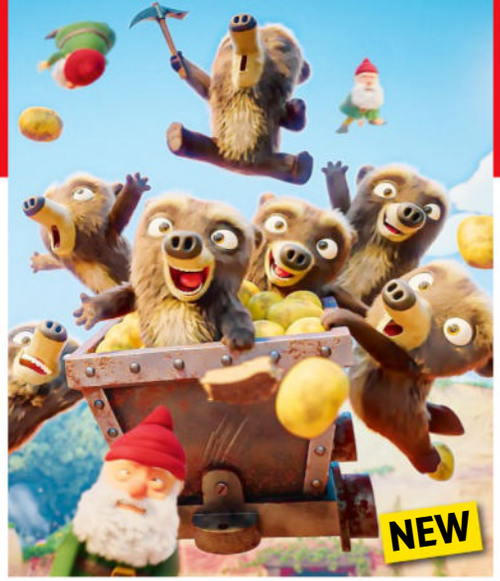
BBC iPLAYER Football Fantastics

Sat & Sun, 8.30am, CBeebies & BBC iPlayer

Former Lioness Jill Scott (above left) features as a regular guest star in this new feelgood comedy series. Set in Yorkshire, the scripted series follows six football-mad youngsters who come together in their favourite pasttime every weekend, showing how strong friendships can be forged through the beautiful game.

Watch out for hilarious and heartwarming cameos throughout the series from other Lionesses, including Alessia Russo, Chloe Kelly, Fran Kirby, and 2022's BBC Sports Personality of the Year, Beth Mead.

A definite must-watch for this summer of sport!



NETFLIX 7 Bears

From Thursday, Netflix

Forget the Seven Dwarves – there's a new septuplet gang in town in this fun animated series! The funny, potato-mad Seven Bears live in their fairy-tale cottage, where they come across some familiar characters, including Snow White and Little Red Riding Hood. However, the happily ever afters have a different ring to them this time – and with plenty of cheeky humour thrown in, there should laughs aplenty as well!

More great shows to watch this week...

Andy Pandy

Sunday, 8pm, BBC4

For a flavour of what the *TV&Sat* Kids Watchlist in 1950 might have looked like, tune into some vintage episodes of *Andy Pandy* – that's one to ask your great/grandparents about! – ahead of his 75th anniversary on 11 July.

ZOMBIES 4: Dawn of the Vampires NEW

From Friday, Disney+

The fourth instalment in the series sees Zed and Addison on a summer road trip, when they get caught in a rivalry between monster factions.

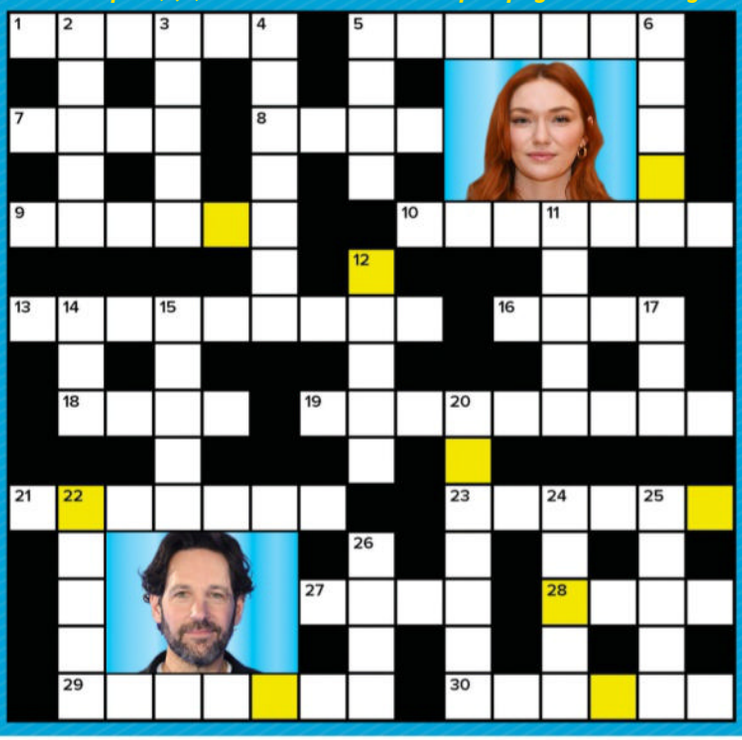
Pride: Celebration of Love & Family NEW

Sat, 7.15am, Milkshake! on 5

Milkshake's David celebrates love and family, and explains how people celebrate Pride around the world.

CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and re-arrange the shaded squares so the letters spell out the name of a British ventriloquist (4,5). Answers at the bottom of the page – no cheating!



ACROSS

1 English comic, writer and actor, Roisin ------ (6)
5 *EastEnders* role played by Wendy Richard, -------- Fowler (7)
7 Swedish pop group that released the 2021 album *Voyage* (4)
8 *Breaking Bad* spin-off with Bob Odenkirk, *Better Call* ---- (4)
9 Alan Halsall's role in *Coronation Street*, ------ Dobbs (6)
10 Oscar Wilde play, *The Importance of Being* ------- (7)
13 Katherine ----------, actor who played Jen in *The IT Crowd* (9)
16 Jamie ----, star of hit 2000 film *Billy Elliot* (4)
18 Member of Monty Python's Flying Circus, Eric ---- (4)
19 Bob Mortimer's long-time comedy partner (3,6)
21 2004 Mel Gibson movie, *The* ------- *of the Christ* (7)
23 Character in sitcom *Keeping up Appearances* Hyacinth ------ (6)
27 *Darkest* ----, 2018 movie starring Gary Oldman (4)
28 2002 film starring Dame Judi Dench and Kate Winslet (4)
29 See picture clue: Actor who starred in *Poldark* and *The Outlaws*, ------- Tomlinson (7)
30 Marvel TV series, ------ *of S.H.I.E.L.D.* (6)

DOWN

2 1957 Buddy Holly hit, and a 1950s British pop show on ITV (2,3!)
3 2004 US movie starring Billy Bob Thornton as Davy Crockett, *The* ----- (5)
4 Shelley King's role in *Coronation Street*, -------- Nazir (7)
5 See picture clue: Played Grooberson in 2021's *Ghostbusters: Afterlife*, ---- Rudd (4)
6 Singer of 1979 hit *Oliver's Army*, ----- Costello (5)
11 Played Meg in ITV soap *Crossroads*, ----- Gordon (5)
12 Played Mark Darcy in hit 2001 comedy *Bridget Jones's Diary*, ----- Firth (5)
14 English TV personality and poker player, --- Titmuss (3)
15 American singer of the 2003 hit *Milkshake* (5)
17 --- Evans, comedian (3)
20 Singer of 1974 hit *Feel like Makin' Love*, ------- Flack (7)
22 Actor in 1993's *Groundhog Day*, ----- MacDowell (5)
24 *Mastermind* presenter and newsreader, ----- Myrie (5)
25 Kevin Costner's role in 1987's *The Untouchables*, ----- Ness (5)
26 *Fantastic* ----, superhero film with Ioan Gruffudd from 2005 (4)

CROSSWORD SOLUTION

ANSWER: Nina Conti **ACROSS:** 1 Conaty 5 Pauline 7 ABBA 8 Saul 9 Tyrone 10 Earnest 13 Parkinson 16 Bell 18 Idle 19 Vic Reeves 21 Passion 23 Bucket 27 Hour 28 Iris 29 Eleanor 30 Agents **DOWN:** 2 Oh Boy! 3 Alamo 4 Yasmeen 5 Paul 6 Elvis 11 Noele 12 Colin 14 Adi 15 Kelis 17 Lee 20 Roberta 22 Andie 24 Clive 25 Eliot 26 Four

WORDS: LYNETTE BRIGHTON. PHOTOS: GETTY, BBC, NETFLIX, MILKSHAKE! ON 5.

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Coming soon

Suranne Jones plays the British PM

FIRST LOOK

HOSTAGE

Suranne Jones plays a beleaguered Prime Minister in a political thriller

The leaders of Britain and France find themselves at the heart of a dark conspiracy in Netflix's upcoming drama *Hostage*.

Airing from 21 August, the five-part thriller, penned by Matt Charman, centres on Prime Minster Abigail Dalton (Suranne Jones), who welcomes French President Vivienne Toussaint (Julie Delpy) on a visit to the UK. But events go awry when Abigail's doctor husband Alex Anderson (Ashley Thomas) is kidnapped and Vivienne becomes the victim of a blackmailer.

As the two women face stark dilemmas while trying to tackle their personal crises, they end up pitted against each other, and their careers and lives are threatened. But they may be forced to team up to expose a chilling plot…

EMBATTLED

Lucian Msamati co-stars as Kofi Adomako, Abigail's chief of staff, while Jehnny Beth is Adrienne Pelletier, Vivienne's chief of staff. James Cosmo is Max Dalton, Abigail's frail father, and Corey Mylchreest is Vivienne's stepson Matheo Lewis.

'I'm thrilled to be on Netflix in something I'm really proud of,' reveals Jones, who is also an executive producer on the show. 'I've loved it.'

'What Suranne's done with this character is going to blow the audience away,' adds Charman. 'An embattled PM in a fight for her country and family – she's fierce, ruthless. You can't take your eyes off her.'

Julie Delpy as the French President

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Next week *On sale Tuesday 8 July*

The Institute

MGM+'s Stephen King adaptation centres on a sinister facility for gifted children.

Mix Tape

Teresa Palmer and Jim Sturgess headline BBC2's drama about a star-crossed music-loving couple.

Bookish

In U&Alibi's whodunnit, Mark Gatiss plays a crime-solving bookseller in the 1940s.

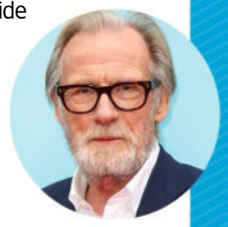
Shark! Celebrity Infested Waters

Famous faces dive with sharks in the Bahamas on ITV1.

WHAT'S NEXT FOR...

Bill Nighy

In writer Hugo Blick's six-part BBC1 drama **California Avenue**, the actor will appear alongside Helena Bonham Carter as the parents of troubled Lela (Erin Doherty), who is on the run with her child.



Ruth Jones

The actor will play matriarch Mrs Bennet in BBC1's *Pride and Prejudice*-inspired drama **The Other Bennet Sister**, which focuses on overlooked middle sibling Mary (Ella Bruccoleri). Richard E. Grant will portray Mr Bennet.

Hugh Bonneville

BBC1's comedy **Twenty Twenty Six** will see the actor reprise his *Twenty Twelve* and *W1A* role as Ian Fletcher, who will take on a new job as Director of Integrity in the Oversight Team at the 2026 FIFA World Cup.

Coming Back

Steve Coogan and Rob Brydon are on their travels again for Sky comedy **The Trip to the Northern Lights**, as they make their way through Scandinavia in the hope of spotting the natural phenomena.

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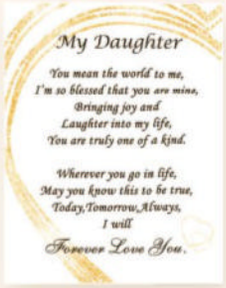
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You mean the world to me,
I'm so blessed that you are mine,
Bringing joy and
Laughter into my life,
You are truly one of a kind.
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May you know this to be true,
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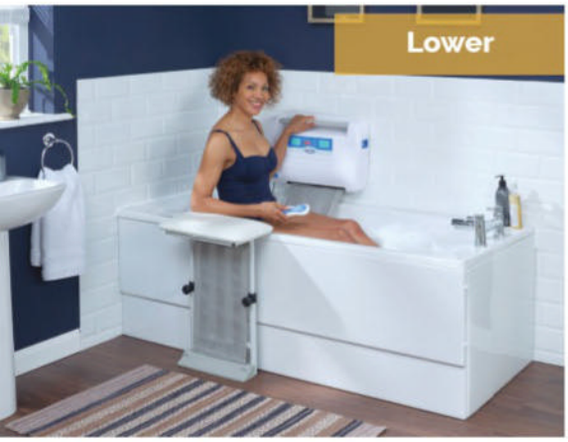

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